

## EPIDIDYMITIS

Epididymitis is inflammation and pain of the tube around the testicle or sometimes the testicle itself. It is usually, but not always, caused by bacteria that are sexually transmitted such as chlamydia and gonorrhea.

The bacteria that cause epididymitis can be passed from one person to another during vaginal, anal, and oral sex.

Pain, swelling or redness and warmth of the testicles (balls) or scrotum (ball-sack). You may also have pain when you urinate or discharge from the penis.

Yes. The infection can spread from the scrotum to other parts of the body and can cause ongoing pain and lead to infertility (blockage of sperm). Epididymitis may cause pain that lasts even after you are cured.

- You will be given an antibiotic medicine. We will check your urine for gonorrhea and chlamydia and mycoplasma genitalium. *It is important to finish your medication to completely kill the bacteria.*
- Your sex partners must be treated. If they aren't treated, they could give the infection back to you, or infect others.
- Don't have sex until you finish the medicine. Don't have sex with your partner while you are both taking your medicine.
- You can treat the pain from epididymitis with hot baths, ibuprofen and wearing underpants that provide a lot of support.
- Even if your tests for chlamydia, gonorrhea or mycoplasma are negative, it doesn't mean that you didn't have an infection. Remember, there are several different causes of epididymitis, some that we are not able to test for.
- Come back to the clinic in 3 days so that we can make sure you are getting better. If your pain is worse or you get a fever or feel sick, go to the emergency room.

- Plan ahead! Protect yourself!
- If you're thinking of having sex with a new partner:
  - Talk about STIs.
  - Condoms are effective in reducing the risk of infection.
  - Do not have sex if you or a sexual partner has symptoms of an STI (sexually transmitted infection).

If you contracted epididymitis from anal sex, and you do not know the HIV status of that sexual partner, you should be tested for HIV. Talk to your clinician about how to protect yourself from HIV and other STIs.

**For more information:**

Please talk with your City Clinic clinician or your own health care provider. The following websites also offer helpful information:

**General STI**

[www.ashasexualhealth.org](http://www.ashasexualhealth.org) (also in Español)  
[www.cdc.gov/std/](http://www.cdc.gov/std/)  
[www.sfcityclinic.org](http://www.sfcityclinic.org)  
[www.sfsi.org/](http://www.sfsi.org/)

**Contraception and STI/sex info**

[www.bedsider.org](http://www.bedsider.org)

**Teens**

[www.iwannaknow.org](http://www.iwannaknow.org)  
[www.kidshealth.org/teen](http://www.kidshealth.org/teen) (also in Español)  
[www.scarleteen.com](http://www.scarleteen.com)

For a STI check-up or treatment,  
see your health care provider, local clinic, or come to:



A landmark in prevention

City Clinic  
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