



Contact us

Phone 0800 739 432 Monday to Friday to book your appointment at one of the Auckland Sexual Health Clinics or visit our website www.ashs.org.nz for more information around opening hours.

Greenlane Clinical Centre
Building 7 Level 3
Greenlane West

South Auckland
12 Waddon Place
Mangere

North Shore
418 Glenfield Rd
Glenfield

West Auckland
Totara Health Level 2
1 McCrae Way
New Lynn

This fact sheet is designed to provide you with information on disease. It is not intended to replace the need for a consultation with your doctor. People are strongly advised to check with their healthcare provider about any specific questions or concerns. Every effort has been taken to ensure that the information in this pamphlet is correct at the time of publishing (2020).



Urethritis

A sexually transmitted infection causing pain at the tip of the penis or pain when peeing.



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What is Urethritis?

Urethritis means an inflammation of a man's urethra (the hole where the pee comes out). It is usually due to a sexually transmitted infection (STI) such as chlamydia or gonorrhoea, but can be due to other bacteria or viruses as well.

How does someone get Urethritis?

Urethritis can be caught by having vaginal, anal or oral sex without a condom, or sometimes using sex toys.

If you use a condom every time you have sex you are much less likely to get urethritis.

What are the symptoms?

Symptoms can include:

- Discharge leaking from the urethra, or redness at the tip of the penis.
- Pain or discomfort when urinating.
- Itching in the urethra.

How do I get tested?

You need to see your doctor, nurse or sexual health clinic for a check-up.

You will need a swab test from the urethra and will need to do a pee test – to check for STIs and other bacteria.

It may be embarrassing, but it is better to get checked than to have untreated urethritis.

If left untreated, the infection can spread to the testicles and tubes around the testicles (epididymo-orchitis), this also causes swelling and pain and can lead to damage of your testicles.

How do I get treated?

Urethritis is usually treated with 7 days of antibiotic tablets. Sometimes you may need an antibiotic injection as well.

Important advice

Finish all the tablets, even if you feel better before the end of the course.

You should use condoms for 7 days after treatment, so you don't pass the infection onto someone else.

You need to tell anyone you have had sex with in the last 3 months to get a sexual health check and treatment. Use a condom if you have sex with your partner(s) until 7 days after they have been treated, or you may get urethritis back again.

If your symptoms don't fully go away within 2 weeks please contact the clinic to arrange a follow-up appointment because you may need additional tests and additional treatment.

We recommend you have another sexual health check in 3 months, just to make sure you are all clear.