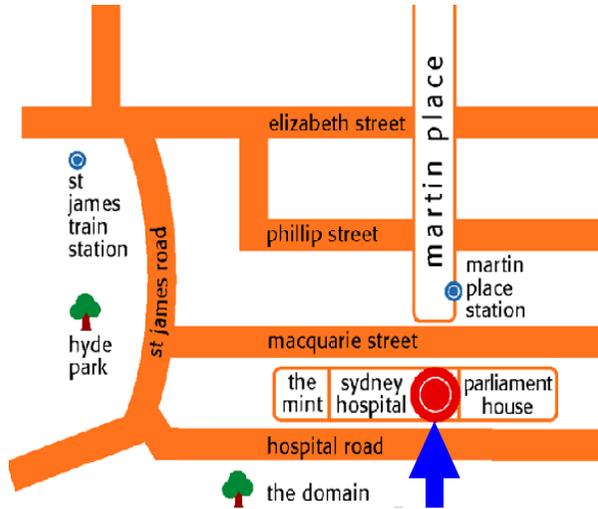


Sydney Sexual Health Centre



The Sydney Sexual Health Centre provides a free, confidential and comprehensive service that helps put you in control of your sexual health. The service supports your sexual health by providing screening, vaccination and management of sexually transmissible infections including HIV and hepatitis B, women's and men's sexual health care, education, individual and couple counselling, and needle and syringe exchange. The service offers a choice of male and female doctors, nurses and counsellors who are respectful of your lifestyle and sexuality.

NO MEDICARE CARD REQUIRED

Opening hours

Mon-Fri 9am-5pm
Sat 9am-12pm

Web Address:

<http://www.sshc.org.au/>

Telephone Number: 02 93827440

Sexual Health Info line: 1800 451624

NSW/ACT Sexual Health Services

Free & confidential sexual health care

Albury	Ph: (02) 6058 1840
Armidale	Ph: (02) 6776 4738
Bourke	Ph: (02) 6872 2145
Broken Hill	Ph: (08) 8080 1556
Canberra	Ph: (02) 6244 2184
Coffs Harbour	Ph: (02) 6656 7865
Dareton	Ph: (03) 5021 7200
Dubbo	Ph: (02) 6885 1700
Forster	Ph: (02) 6555 6822
Gosford	Ph: (02) 4320 2114
Goulburn	Ph: (02) 4827 3913
Griffith	Ph: (02) 6966 9900
Katoomba	Ph: (02) 4784 6560
Kings Cross	Ph: (02) 9360 2766
Kogarah	Ph: (02) 9350 2742
Lightning Ridge	Ph: (02) 6829 1022
Lismore	Ph: (02) 6620 2980
Liverpool	Ph: (02) 9827 8022
Manly	Ph: (02) 9977 3288
Marrickville	Ph: (02) 9560 3057
Mt Druitt	Ph: (02) 9881 1733
Newcastle	Ph: (02) 4923 6909
Nowra	Ph: (02) 4423 9353
Orange	Ph: (02) 6392 8600
Parramatta	Ph: (02) 9843 3124
Penrith	Ph: (02) 4734 2507
Port Kembla	Ph: (02) 4276 2399
Queanbeyan	Ph: (02) 6298 9233
Richmond	Ph: (02) 4578 1622
St Leonards	Ph: (02) 9926 7414
Sydney City	Ph: (02) 9382 7440
Tamworth	Ph: (02) 6766 3095
Taree	Ph: (02) 6592 9421
Wagga Wagga	Ph: (02) 6938 6492



What is NGU?

NGU (non-gonococcal urethritis) also known as non-specific urethritis (NSU) is one of the most common diseases men can catch from sex. It can be caused by a number of different bacteria including a bacteria called chlamydia. NGU not due to chlamydia may be due to normal vaginal or throat organisms as well.

How does someone get infected?

NGU is passed on, in most cases by vaginal, anal or oral sex without a condom with someone who has the infection.

How do I know if I have NGU?

Men may have a discharge coming out of the penis, pain when weeing, or irritation inside the penis. These symptoms may be more noticeable in the morning. Symptoms may come on between one and five weeks after being infected. Some men have no symptoms at all.

How do you test for NGU?

Go to your local doctor or sexual health clinic. It is important not to pass urine for one hour before seeing the doctor or nurse. They will do a swab from the urethra and/or a urine test.

Is there any treatment?

In most cases, NGU can be successfully treated with a single course of antibiotics (particularly if it is due to chlamydia). Occasionally, some men may require a second course.

Do sexual partners need treatment?

Sexual partners exposed by vaginal, anal or oral sex without using a condom in the previous few months are at risk of being infected. This means they should be told to get tested and treated **regardless of symptoms or the test result.**

What are the complications of NGU?

If chlamydia is inadequately treated or not treated in women, it may lead to pelvic inflammatory disease (PID). This is when the reproductive organs that are in the pelvis become inflamed. PID may cause ectopic pregnancies (the pregnancy develops in the fallopian tubes instead of the womb), infertility (when the fallopian tubes become damaged by scar tissue) or chronic pelvic pain.

Similarly, men may also develop inflammation of the balls (testes) if chlamydia is not adequately treated.

If the result of the chlamydia test is negative, does this mean I don't have NGU?

No. The NGU you have may be caused by another bacteria. The test results are only one factor the doctor or nurse takes into consideration in order to reach a diagnosis.

Can NGU come back after I've taken the antibiotics?

NGU can occasionally come back or be persistent. After treatment, some men may continue to have mild penile discomfort, which will eventually resolve without further antibiotics. Further treatment (including contacts) may be appropriate if the symptoms are severe or there is a possibility you have been re-infected.

What advice should be given to a person treated for NGU?

If you have been given a course of antibiotics, it is very important that you finish the entire course - symptoms may resolve in a few days but the bacteria may not have been totally killed off.

Whether you have been prescribed a single dose or a course of antibiotics, you should not have sexual intercourse for at least 7 days because the infection can still be transmitted. If you cannot abstain from sexual intercourse during this time, a condom must be used.

How to correctly use a condom



Open Carefully...

- Choose a brand that fits you comfortably.
- Do not use teeth to open packet. Be careful not to tear condom with nails.
- Check "use by" date.



Squeeze the tip.

- Squeeze tip of condom and unroll on to erect penis.
- Pull back foreskin before unrolling if uncircumcised.
- Unroll condom fully to base of penis.



Unroll it fully.

- Always use water-based lubricant.
- Do not use oil or Vaseline.
- During sex check condom is still in place.



Hold base... withdraw erect.

- When finished, withdraw while penis is still erect.
- Hold on to the base of the condom to make sure it comes out and to prevent contents from spilling.
- Use condom only once.