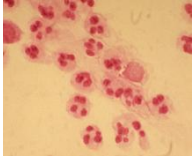


Non-Gonococcal Urethritis (NGU)

What is it?

- **Non-Gonococcal Urethritis/NGA** – is an infection of the urethra caused by germs or pathogens other than gonorrhea
- **Causes**- the most common germ is Chlamydia which is very common in females and males, the diagnosis is more commonly made in males than in females, mainly due to the anatomical differences



- **Other Germs**- Chlamydia trachomatis is the most common, Ureaplasma Urealyticum, Haemophilus Vaginalis, Mycoplasma Genitalium and rare germs are Trichomonas Vaginalis and Herpes Simplex Virus
- **How Can I get NGI?-**
 - **Sex (anal, oral and vaginal)**- which involves direct mucous membrane contact with an infected person
 - **Non-Sexual**- that includes urinary tract infections, an inflamed prostate gland due to bacteria/bacterial prostatitis, a closing or narrowing of the tube in the penis/urethral stricture, a tightening of the foreskin that can not be pulled back from the head of the penis/phimosis, or the result of inserting a tube in the penis/catheterization
 - **Perinatal**- during birth through the birth canal; may also cause conjunctivitis/an infection in the eyes, ears, or pneumonia/lungs

Signs and Symptoms:

- **Symptoms of NGU in Women**- burning or pain when urinating, discharge from the vagina, abdominal pain or abnormal vaginal bleeding may be an indication that the infection has progressed to PID/Pelvic Inflammatory Disease
- Anal or Oral Infections- occur in both men and women; anal may result in itching, pain or discharge in a bowel movement; 90% of oral infections are asymptomatic, some might have a sore throat



What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian**- for help as needed

