



University of North Carolina Wilmington  
Abrons Student Health Center

## INSTRUCTION SHEET: EPIDIDYMITIS

The Student Health Provider has diagnosed epididymitis.

The epididymis is a tube which carries sperm from the testicle to the penis. It is located on top of each testicle. Epididymitis is a painful inflammation of this tube, most often caused by infection with bacteria (germs).

Symptoms of epididymitis include pain and swelling of the testicle. Whole-body symptoms such as fever, chills, and fatigue are sometimes present.

Epididymitis is treated with antibiotics. No “miracle cure” exists. Several days may pass before your condition improves, and the infection can take several weeks to resolve.

### MEASURES YOU SHOULD TAKE TO HELP TREAT YOUR EPIDIDYMITIS:

1. Rest in a comfortable chair, bed, or couch.
2. Apply a cold pack to the testicle. Cold decreases pain and swelling.
3. Gentle elevation of the scrotum with an athletic supporter or scrotal support can help relieve discomfort.
4. Take the prescribed antibiotic as directed, until gone.
5. Over-the-counter pain medications can help relieve discomfort associated with epididymitis. Acetaminophen (Tylenol), ibuprofen, or naproxen can be taken, depending on individual preference.
6. The provider may prescribe stronger pain medication. Take the prescription medicine if needed; do not take the medication and perform dangerous activities such as driving a car or operating machinery.
7. Make a *prompt* follow-up appointment with your personal/referral doctor or return to the Student Health Center as directed. Be sure to tell the office that you have epididymitis, and you need a “work-in” appointment in the next few days. Your provider can follow your progress, prescribe further medication as necessary, and help you get back to normal activities as soon as possible.
8. Should your condition worsen, go to the closest emergency department or see your personal/referral doctor or return to the Student Health Center *promptly*. Specifically, seek care if you experience increasing pain or swelling, repeated vomiting, or fever >103 degrees.