



University of North Carolina Wilmington  
Abrons Student Health Center

## INSTRUCTION SHEET: GONORRHEA URETHRITIS

The Student Health Provider has diagnosed a gonorrhea infection of the urethra, the tube inside the penis.

Gonorrhea is caused by bacteria (germs). Symptoms include discharge (pus) from the penis and burning during urination. The discharge often leaves a yellow stain on underwear.

Most gonorrhea germs will be cured with antibiotics the provider has prescribed for you. Some strains are resistant, and the infection may continue; in this case, further treatment is essential.

Gonorrhea is transmitted by sexual contact. Any person you have had sex with from two weeks before symptoms began until now may be infected. You should notify sexual contacts, as they need treatment for possible infection. Even if your partner(s) has no symptoms, infection can be present. If your partner(s) is not treated, you can become re-infected if you have sexual contact with the untreated partner.

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

1. Take the antibiotic as directed, until gone. Do not share the antibiotic with a sexual partner, as you may remain infected because of inadequate treatment.
2. Take plenty of liquids to flush your urethra. Any non-alcoholic fluid will do.
3. Do not have sex until the medicine is gone and you have been checked to make sure the infection is gone.
4. Schedule a follow-up appointment with the Student Health Center or your personal/referral provider or the county health department. Schedule the appointment for about the day the antibiotic will be gone. You should be checked at this time to make sure the infection is gone, even if you are symptom-free. Also, you may need to be checked for other sexually-transmitted infections (if you have one infection, you may have others).
5. If you become worse, return to the Student Health Center or see your personal/referral provider or go to the nearest emergency department *promptly*. Specifically, seek care if you develop fever and chills, skin rash, or joint pain and swelling.
6. Notify all sexual contacts of exposure to infection and the need for treatment.
7. The risk of future gonorrhea infections (and serious infections like HIV) can be lessened by limiting your sexual partners and by using a condom when having sex.