

Epididymo-orchitis

What is it and how is it treated?

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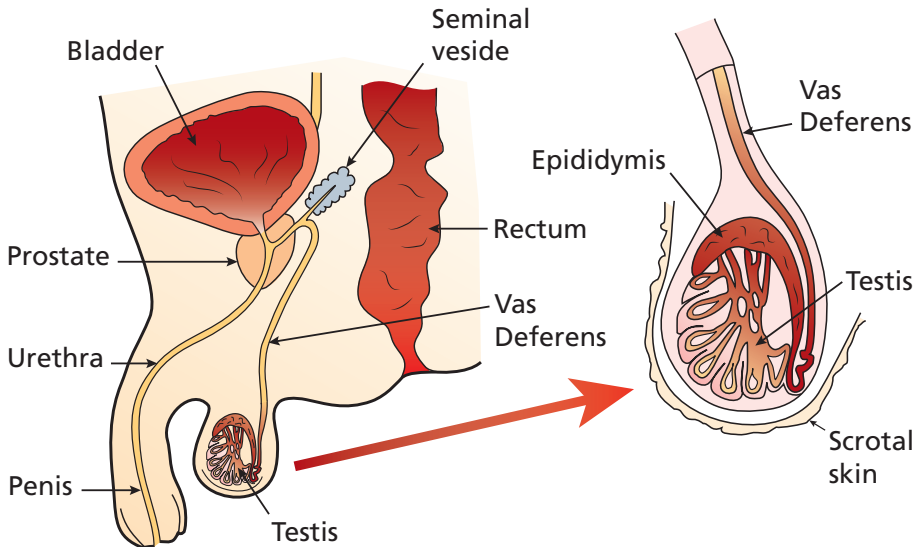
Sheffield Teaching Hospitals



NHS Foundation Trust

What is epididymo-orchitis?

- Epididymitis means inflammation of the epididymis (see diagram below)
- Orchitis means inflammation of the testis (testicle)



What causes epididymo-orchitis?

Epididymo-orchitis is caused by an infection. This could be from:

- Sexually transmitted infections, such as gonorrhoea or chlamydia
- Bacteria (bugs) that can cause a urine infection, more common in men over the age of 35
- Viral infections, including mumps

Bacteria that infect the urethra can cause urethritis (inflammation of the urethra). Bacteria can travel along the tubes to the testes and epididymis.

What are the symptoms?

- The epididymis and testis can swell quickly, over a day or so (usually on one side)
- The scrotum can become enlarged, painful and red

Other symptoms may include:

- Pain or burning when passing urine
- A discharge from the penis
- Feeling unwell with a fever

Are any tests needed?

A swab is taken from inside the entrance to the urethra if a sexually transmitted infection is thought to be the cause. A urine sample is also tested for infection.

What is the treatment?

- Antibiotics
- Scrotal support. This acts like supportive underwear to help ease pain
- Painkillers (analgesics)

If a sexually transmitted infection is the cause, sexual partners will need to be tested and treated. Sexual Health Sheffield will help you with this. It is advised not to have sex until you and your partner have finished antibiotic treatment.

Are there any complications?

Most people recover fully, therefore complications are uncommon.

However possible complications could include:

- Ongoing (chronic) inflammation occasionally develops
- A hydrocoele (collection of fluid) may occur; this usually disappears if antibiotics are taken
- An abscess: collection of pus due to an infection can (very rarely) develop in the scrotum
- Reduced fertility may occur especially if the cause is mumps

If your symptoms become worse, contact your doctor.

What happens at Sexual Health Sheffield?

When you attend for your appointment, you will be asked to provide the following:

- Your name and how we can contact you - any details you provide will be treated confidentially
- During your visit you will be asked personal information so we can provide the relevant and appropriate care
- We have a duty of care to all our patients, so if you are 17 or under you will be asked relevant questions to assess your safety. If staff are concerned, they may talk to you about what to do about this and may contact other appropriate agencies. Sexual Health Sheffield will not tell your parents or carers that you have visited Sexual Health Sheffield

This is the service you can expect when you attend Sexual Health Sheffield:

- All advice, information, tests, contraception, condoms and treatments are free at Sexual Health Sheffield
- No one should judge you because of your sexual behaviour or lifestyle
- All our services are confidential
- All Sexual Health Sheffield workers are appropriately and fully trained NHS staff
- All tests are optional; no examination will take place without your permission
- Please ask questions to ensure you fully understand what services have been offered, what tests carried out and what treatments given
- You can have a chaperone to help you feel more comfortable – please ask

- Our friendly and professional staff are here to help you. We will give you as much support as you need (particularly if you need help on how to inform any partners)

If you feel that we have not met the above or want to give us any other feedback, please contact us via:

www.sth.nhs.uk/patients/tell-us-what-you-think

Further information

- **www.sexualhealthsheffield.nhs.uk**
- **0114 226 8888**

NHS Choices website:

- **www.nhs.uk/conditions/Sexually-transmitted-infections/Pages/Introduction.aspx**



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