

Epididymo-Orchitis

Epididymo-orchitis is a swelling of the testicles and the tube next to the testicle(s) that stores sperm (epididymis).

How do I get epididymo-orchitis?

A male can get epididymo-orchitis from having unprotected sex (oral, vaginal, or anal sex without a condom) with someone who has a sexually transmitted infection (STI). It can also happen after bacterial infections, viral infections (e.g., mumps), or prostate surgery.

How do I prevent epididymo-orchitis?

When you're sexually active, the best way to prevent epididymo-orchitis is to use condoms for oral, vaginal, and anal sex.

Don't have any sexual contact if you or your partner(s) have symptoms of an STI, or may have been exposed to an STI. See a doctor or go to an STI Clinic for testing.

Get STI testing every 3 to 6 months and when you have symptoms.

How do I know if I have epididymo-orchitis?

Symptoms of epididymo-orchitis may include:

- swelling of the epididymis and/or testicle(s)
- redness or swelling of the skin covering the testicles (scrotal skin)
- clear, creamy-white, or yellow discharge from the end of the penis
- pain or burning when you pee
- fever (temperature over 38.5 °C)

If you have any of these symptoms, see a nurse or doctor right away. Only a nurse or doctor can diagnose epididymo-orchitis.

Is epididymo-orchitis harmful?

If left untreated, epididymo-orchitis can cause serious health problems. It can cause infertility or ongoing problems with swelling in the epididymis, testicle(s), or scrotum.

These effects can be prevented if you get **early STI testing and treatment**.

How is epididymo-orchitis treated?

- Epididymo-orchitis is treated with antibiotics.
- You and your sexual partner(s) must be tested and treated.
- You can get re-infected if you have unprotected sex with someone before he or she is treated.
- Start treatment **right away** and take all your medicine, even if you start to feel better.
- Return to the clinic that treated you 2 to 3 days after starting your medicine to make sure you're getting better.
- If your symptoms aren't better, you may need a different treatment.
- If you lose your pills or can't finish them for any reason, go back to the clinic where you were treated.
- To help with pain, you can take pain medicine (e.g., acetaminophen, ibuprofen), rest in bed, use ice packs, and wear supportive underwear.

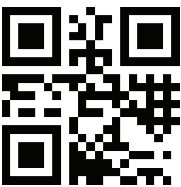
When can I have sex again?

It's important **not** to have sex (oral, vaginal, or anal) until you and your partner(s) have **finished** all of your medicine.

If you still have symptoms, don't have any sexual contact.

For More Information

- STI/HIV Information Line: 1-800-772-2437
- www.myhealth.alberta.ca
- www.sexgerms.com



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