

Fast Facts

Epididymitis

- When the coiled tube (epididymis) that is used to store and carry sperm, which is located at the back of the testicle, becomes inflamed
- Usually caused by a bacterial infection, such as a sexual transmitted infection (STI) with gonorrhea and chlamydia being the most common
- Other causes: urinary tract infection, prostate infection, viral infections (like mumps), trauma to the groin or heavy lifting/straining
- Complications: pus-filled abscess in scrotum, infection of the testicle itself (epididymo-orchitis) and reduced fertility
- Chronic epididymitis is when the infection lasts longer than six weeks or reappears (symptoms usually appear more gradually)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Swollen/red/warm scrotum -Pain/tenderness in one testicle that comes on slowly -Painful urination -Urgent/frequent need to urinate -Discharge from penis -Pain/discomfort in lower abdomen/pelvis -Blood in semen -Fever (occasionally) 	<p><i>Antibiotics:</i></p> <ul style="list-style-type: none"> -Begin to feel better within 48-72 hours -Finish entire course in order to make sure that the infection completely goes away <p><i>Note:</i> If infection was caused by an STI, then partner(s) should be treated as well</p> <p><i>Non-Medicine Treatments:</i></p> <ul style="list-style-type: none"> -Rest -Lie down so scrotum is elevated -Apply ice to the area as tolerated -Take over-the-counter pain medication -Wear an athletic strap to support scrotum when not lying down -Don't lift any heavy objects -Avoid having sex until the infection is gone <p><i>Abscess:</i></p> <ul style="list-style-type: none"> -Surgically drained -Surgically removed with large (might need to remove part or all of the epididymis to make sure the infected area is gone) 	<p><i>Practice safer sex:</i></p> <ul style="list-style-type: none"> -Use condoms -Limit the number of partners -Get tested regularly for STIs <p><i>Frequent UTIs:</i></p> <ul style="list-style-type: none"> -Talk to doctor about ways to prevent epididymitis -Drink plenty of water so urine is a pale yellow or clear color (if you spend a lot of time outside, especially during summer when it's hot, this is vital) -Be careful when lifting heavy objects so you don't strain too much

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