

## If you think you may have NSU

You can go to a sexual health clinic for a check up. You can ring for an appointment or sometimes drop in. At the clinic staff may ask you to take a simple test. If you have NSU you will be given a course of tablets (antibiotics) which will cure it.

For names and addresses of sexual health clinics call:

**Sexwise** 0800 28 29 30

**Sexual Health Information Line** 0800 567 123

**NHS Direct** 0845 4647

Or check out [www.ruthinking.co.uk](http://www.ruthinking.co.uk) and [www.playingsafely.co.uk](http://www.playingsafely.co.uk)

Sexual health clinics are free and confidential. Staff cannot tell anyone you have visited the clinic without your permission unless they believe you or someone else is in serious danger. Try telling your boyfriend or girlfriend if you think you have NSU. If you do have NSU it's very important you tell them so you both get treatment.

## Questions you should ask at the clinic

At the clinic, the staff want to make sure you get the best treatment possible. So when you are at the clinic you should always ask the nurse or doctor:

**1 – what is wrong with me?**

**2 – what do I need to do?**

**3 – why should I do it?**

Their answers will help you to know what to do to get better and stay healthy.

If you want to know more about NSU or want any further help and advice about sex or sexual health call **Sexwise 0800 28 29 30**.

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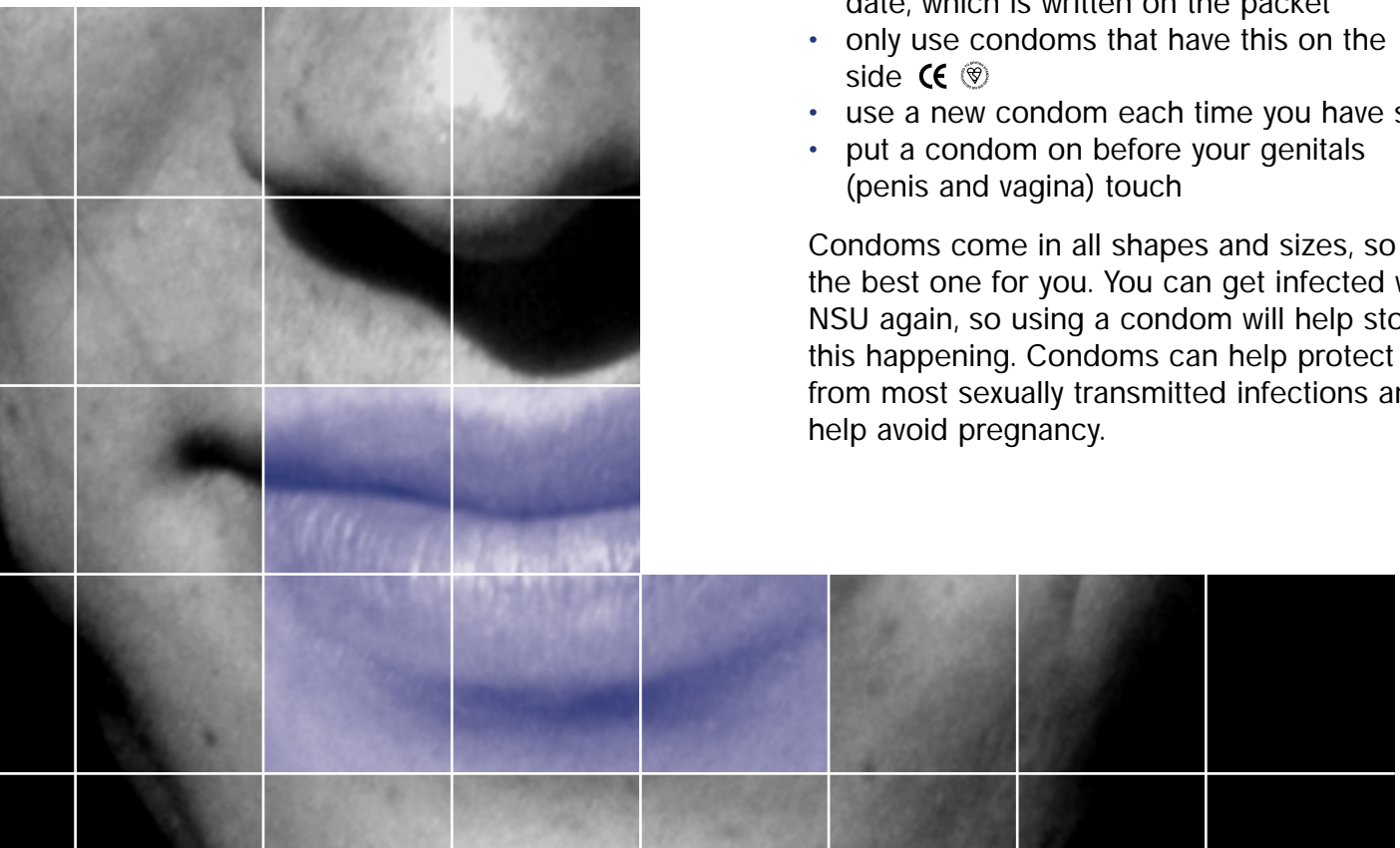
## NSU is a very common health problem that many young men get.

NSU stands for Non-specific Urethritis. It is most often caused by bacteria that men can catch when they have sex.

NSU can sometimes be caused by other things that are nothing to do with sex.

NSU can lead to health problems for young women as well young men. It can be treated with a course of tablets.

NSU can lead to serious health problems if it is not treated.





## NSU and young women

If your boyfriend has NSU it's important that you get a check up. The NSU he has could be caused by a sexually transmitted infection like chlamydia which you might have as well (there is another leaflet like this one that tells you about chlamydia).

## How do I protect myself against NSU?

Using a condom is the best way to protect yourself against NSU.

When you use a condom remember to:

- not use a condom that is past its 'use by' date, which is written on the packet
- only use condoms that have this on the side  
- use a new condom each time you have sex
- put a condom on before your genitals (penis and vagina) touch

Condoms come in all shapes and sizes, so find the best one for you. You can get infected with NSU again, so using a condom will help stop this happening. Condoms can help protect you from most sexually transmitted infections and help avoid pregnancy.

## Young men and NSU

The urethra is the tube down the middle of your penis that urine goes through. When you have NSU your urethra is inflamed or a bit swollen and tender. Most men who have NSU do not have any symptoms.

But if you do have NSU you might get:

- pain when you pass urine
- drops of white liquid on the end of your penis (a discharge)
- an itchy or tingling feeling in your penis
- a feeling like you want to pass urine a lot

Sometimes the bacteria that can cause NSU can lead to other health problems if it is not treated. It can infect your testicles (balls) which can make them swollen and painful.

## You get NSU from

- sexually transmitted infections caused by bacteria, often chlamydia
- other infections, which are not sexually transmitted, that you can catch from your sexual partner. Usually they will not know they have an infection
- damage to the end of your penis
- more unusually, chemicals in soap or disinfectants

This means you can get NSU through having sex with someone who already has a sexually transmitted infection. You can get NSU by having unprotected vaginal, anal or oral sex (sex without a condom). You can get more than one sexually transmitted infection at the same time.