

INVESTOR IN PEOPLE



SEXUAL HEALTH PROJECT

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NSU

This resource is for Gay men, Bisexual men and men who have sex with men. It aims to provide you with information about NSU – its symptoms, treatment and prevention during sex between men.

NSU (Non-Specific Urethritis) is an inflammation of the urethra (the tube that urine flows through). There are many things that can cause this inflammation; this is why it is called 'non specific'.

How is NSU passed on?

NSU is not always sexually transmitted. Some men are sensitive to certain types of soap or bath liquids which can cause an inflammation of the urethra. In terms of sex, most sexual activities involving the cock have the potential of causing urethritis.

How is NSU prevented?

Using a condom for anal or oral sex is an effective way to prevent bacteria from entering your urethra and causing NSU.

NSU can make it more likely that you can pick up other Sexually Transmitted Infections (STIs) including HIV.

What are the symptoms of NSU?

NSU often involves a burning sensation when passing urine which can be very painful. In the morning a white, sticky discharge from the cock may occur (not to be mistaken for pre-cum). Often there may be no symptoms, but this does not mean that you can not pass the infection on to your partner(s).

How is NSU treated?

Treatment of NSU usually involves a course of antibiotics, which should be completed - even if the infection appears to clear up. You may be asked to return to the clinic to check that the infection has gone. Remember that until you have finished the whole course of treatment prescribed to you, you may still be infectious.

NSU for people living with HIV

Treatment for NSU is usually very effective. There is some evidence that people on anti HIV treatments have fewer episodes of NSU.