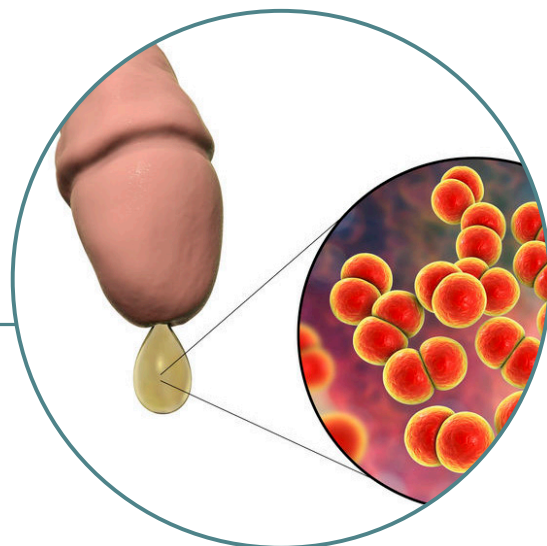




## Learn about Urethritis

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Health VID

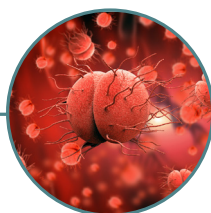


### 1. What is infectious urethritis and how does it manifest?

Infectious urethritis is inflammation of the urethra, which is the organ through which urine comes out. It is manifested by pain and burning when urinating, accompanied by the release of pus or mucus.

### 2. What is the cause of infectious urethritis?

Infectious urethritis is caused by several microorganisms including: *Neisseria gonorrhoea* (gonococcus) (see letter 38), *Chlamydia trachomatis* (see letter 80), *Trichomonas vaginalis* (see letter 58), *Mycoplasma genitalium* (see letter 85), among others.



### 3. Who can get infectious urethritis and how is it spread?

Infectious urethritis can affect anyone: man or woman; boy or girl. The way of contagion is through sexual relations, that is, if the partner is infected with one of the microorganisms that cause urethritis (see question 2), this will infect the other person.

### 4. When to consult

You should consult a doctor when you have the symptoms described in question 1, or when you have had contact with a person who has been diagnosed with urethritis (see question 1), even if you do not have any symptoms.

## 5. How is infectious urethritis diagnosed?

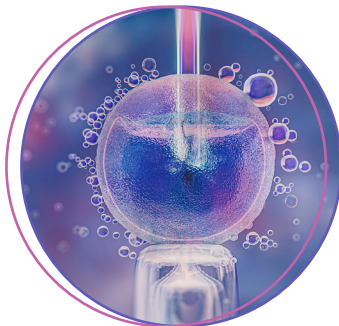
Diagnosis is made with laboratory tests. It is very important to keep in mind that when the laboratory test is going to be carried out, the following conditions must be met:

- 1 You must not have urinated at least three hours before going to the laboratory .
- 2 Not taking antibiotics or having taken them in the last 8 days.
- 3 In women not having menstruation.

## 6. How is infectious urethritis treated?

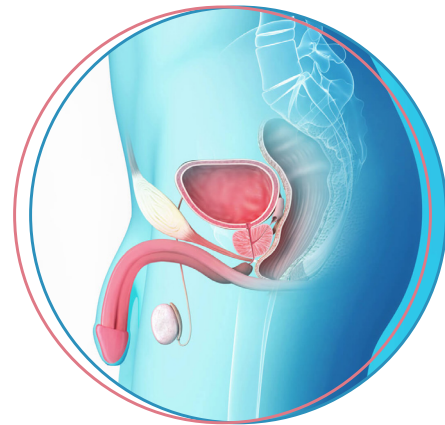
Treatment is with antibiotics prescribed by the attending physician and based on the results of laboratory tests. Each microorganism (see question 2) is treated differently.

**Note:** Please do not take antibiotics that are not prescribed by the doctor.



## 7. How to prevent infectious urethritis?

The most effective prevention is monogamy, that is, sharing sexual life with only one person. In case this is not fulfilled, you should always use the Condom or condom.



## Recommended reading

- Health Letter 38: Learn about: Gonorrhea
- Health Letter 58: Learn about: Trichomonas
- Health Letter 80: Learn about: Chlamydia
- Letter 85: Learn about Mycoplasma genitalium
- Health Letter 90: Learn about Sexually Transmitted Infections (STIs)
- Estrada S, Escandon K, Gaviria A et al. Protocols for diagnosis and treatment of sexually transmitted infections. Infectio Journal . vol 26; N 3. 228-239 year 2022.
- Brazilian Protocol for Sexually Transmitted Infections 2020: infections causing urethral discharge. <https://doi.org/10.1590/S1679-4974202100009.esp1>

Images taken from Freepik

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