

## Sexually Transmitted Diseases/Infections

### Non-gonococcal Urethritis (NGU)

Males or females may have urethritis. For surveillance purposes, public health is concerned about NGU in males. Most males diagnosed with this condition will have a penile discharge. There are a number of causative organisms for this condition, including chlamydia, mycoplasma genitalium, ureaplasma urealyticum, trichomoniasis, and herpes simplex virus. Most of these conditions cannot be tested for in men. Chlamydia can be tested for and is the only reportable causative organism among the list of possible causes.

All patients who have confirmed or suspected urethritis should be tested for both gonorrhea and chlamydia. Presently, there is no public health funding in North Carolina to test males routinely for chlamydia. Hence, the diagnosis of NGU is the best indicator of the possibility of chlamydia in males. If clinic-based diagnostic tools (e.g., Gram-stain microscopy) are not available, patients should be treated with drug regimens effective against both gonorrhea and chlamydia.

In order to report a confirmed case, there must be a lab that is negative for gonorrhea and an abnormal discharge or  $\geq 5$  WBCs per high power field on the gram stain of a urethral smear or a positive leukocyte esterase test.

NGU is reportable in North Carolina, but is not reportable to the CDC.

For more information:

- CDC STD Treatment Manual 2010 – Diseases characterized by urethritis and cervicitis, [www.cdc.gov/STD/treatment/2010/urethritis-and-cervicitis.htm#nongonoccal](http://www.cdc.gov/STD/treatment/2010/urethritis-and-cervicitis.htm#nongonoccal)