

### Patient Information about Chlamydia/NGU

<http://www.urologychannel.com/patient-information-std/chlamydia.shtml>

Chlamydia, which affects women, and nongonococcal urethritis (NGU), which affects men, are common sexually transmitted diseases (STDs) caused by *Chlamydia trachomatis* and other types of bacteria. Chlamydia and NGU can be transmitted through oral sex, vaginal sex, and anal sex. These types of sexually transmitted infections (STIs) are most common in people younger than 25 years of age and are diagnosed using STD testing.

Signs of NGU and chlamydia symptoms usually are mild, may be similar to those caused by other STDs, such as gonorrhea, and include abnormal vaginal or urethral discharge and pain. However, chlamydia can cause serious, irreversible damage to the reproductive organs, pregnancy complications, and infertility.

Here are some questions to ask your doctor (e.g., urologist, gynecologist) about chlamydia/NGU. **Print this page**, check off the questions you would like answered, and bring it to your doctor's appointment. Information about chlamydia and nongonococcal urethritis prevention and treatment can help reduce the risk for severe complications.

### Questions to Ask Your Doctor about Chlamydia/NGU

- Why do you suspect that I have chlamydia or nongonococcal urethritis (NGU)?
  - How are *Chlamydia* bacteria transmitted?
  - How will this diagnosis be confirmed? What type(s) of STD testing will be performed?
  - Does having chlamydia/NGU infection increase my risk for additional STDs and other complications?
  - Should I be tested for HIV/AIDS, HPV, and/or other sexually transmitted diseases? Why or why not?
  - Should my current and past sexual partners also undergo STD testing?
  - What types of precautions should my partner(s) and I take while waiting for the results of these STD tests?
  - When will the results of these chlamydia/NGU tests be available? Should I call for the results or will someone contact me?
- Telephone number to call:** \_\_\_\_\_ **Date to call:** \_\_\_\_\_
- If my sexual partner tests negative for chlamydia/NGU, how can I avoid spreading the disease to her/him?

- What does safer sex involve for people with this sexually transmitted infection?
- What types of complications are associated with chlamydia/NGU and what are the signs and symptoms of these complications?
- How can I reduce my risk for developing complications?
- What risks and complications are associated with chlamydia during pregnancy, labor, and delivery? Are there any risks to the baby?
- What types of precautions can help reduce these risks?
- What should I do if my symptoms worsen or I experience signs of complications?  
**Telephone number to call:**
- What type of treatment for chlamydia/NGU do you recommend? Why do you recommend this medication?
- How is this antibiotic administered?
- What are the benefits, risks, and side effects associated with this type of medication?
- What should I do if my symptoms do not improve, if my infection recurs, or if I experience severe medication side effects? **Telephone number to call:**
- If this medication is not effective, what other antibiotics are available?
- What are the long-term risks and complications associated with chlamydia/NGU treatment?
- How will my condition be monitored during and after treatment?
- Can you recommend any resources for more information about chlamydia/NGU?

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### Notes/Additional Information