

Epididymo-orchitis

What is it?

Epididymo-orchitis is the painful swelling of the testes and the tubes attached to each testicle. It is a common infection in adults. It can be mild to severe and is most commonly caused by a urine infection or sexually transmitted infection (STI).

What will my GP do now?

Your GP will ask about your health history. They will examine your testes, looking for the possible cause of swelling and pain. They may also screen you for STIs and other germs. Often treatment involves taking a course of antibiotics. Your GP may also refer you to a sexual health clinic to help manage your STI and contact tracing.

What will my GP do in the future?

Your GP will see you again after four to five days to make sure your symptoms are getting better. They may discuss the results from your STI screening or other tests. It may take a few weeks for the swelling and pain to go away. Your GP may refer you to a specialist doctor if your symptoms are not getting better.

What can I do?

Attend all follow-up appointments with your GP. Tell your doctor if your symptoms don't improve. Finish your entire course of antibiotics even if you feel better.

Look after your scrotum by:

- Minimising physical activity
- Wearing firmly fitting underwear with soft padding
- Using an ice pack
- Taking medicine for pain and swelling
- Soaking in a sitz bath

You should not have sex until seven days after stopping treatment if you've had an STI.

What questions could I ask my doctor?

- What if my symptoms change?
- What is contact tracing?
- Are there any complications?



What supports are available?

Liverpool Sexual Health Clinic

The Liverpool Sexual Health Clinic offers support for people with STIs and will help you with [contact tracing](#). Staff can also help you manage and cope with your STI. Your GP may refer you or you can contact the clinic yourself.

Address: Ground Floor, 13 Elizabeth Street, Liverpool.
Phone: [9827 8022](tel:98278022)

Your GP may refer you to a private urologist if your condition is severe or not getting better.

Where can I learn more?

- **Patient.info** – Epididymo-orchitis: [patient.info](https://www.patient.info)