

MYCOPLASMA GENITALIUM AND UREAPLASMA

WHAT IS MYCOPLASMA and UREAPLASMA?

Mycoplasma and Ureaplasma are bacteria that occur in different parts of the body including the urinary and genital tracts. Just like other normal colonizing bacteria found on skin or inside digestive system these bacteria do not usually cause any symptoms. Only sometimes do they lead to infection.

SYMPTOMS

Many people with Mycoplasma or Ureaplasma do not know because they do not have symptoms.

If symptoms occur they may include one or more of the following:

- Smelly or unusual discharge (fluid) from the vagina, penis, or anus
- Abnormal or irregular bleeding from the vagina (especially after sex)
- Difficulty or pain (discomfort, stinging or burning) during urination (peeing)
- Pelvic (lower abdomen) pain
- Testicular pain
- Rectal (anal passage) pain
- Pain during sex

These symptoms are more common in a person with a sexually transmitted infection such as Gonorrhea or Chlamydia. Testing with a urine sample or swab is the best way to detect these infections.

HOW IS IT SPREAD?

Mycoplasma and Ureaplasma are mainly passed on during unprotected sexual contact with someone who has the bacteria.

Sexual contact may be vaginal, anal, or oral or by sharing sex toys.

DIAGNOSIS

Testing for these bacteria is not a routine part of a sexual health screen. You will only be tested if you have symptoms or if your sexual partner is known to have an infection caused by Mycoplasma or Ureaplasma.

Most frequently a urine sample is submitted for testing. Less frequently a health care practitioner will collect a sample from your vagina, penis, or anus with a swab.

TREATMENT

- Both Mycoplasma and Ureaplasma infections may be treated with antibiotics prescribed by a health care provider
- Sometimes these bacteria are resistant to certain antibiotics, and you may need a different or longer course of antibiotics
- It is recommended you have a repeat test three weeks after you've finished both courses of antibiotics
This is to check that the treatment has worked, and the infection is cured

- If you have symptoms or are a sexual contact of someone who has been diagnosed with Mycoplasma or Ureaplasma, you may be offered treatment before your test results come back
- To avoid being reinfected, it is recommended you avoid sexual contact or use barrier methods (external condoms, internal condoms, or dental dams) until you and your current sexual partner/s have been retested to check for cure, three weeks after you have finished treatment

COMPLICATIONS

These infections can cause health complications if not treated although the cause is not as well understood as with Gonorrhea and Chlamydia.

Untreated infections could lead to:

- Infertility (inability for you or your sexual partner/s to become pregnant)
- Passing the infection to your sexual partner/s — even if you do not have symptoms
- Increased risk of getting or spreading other sexually transmissible infections including HIV

Notification and treatment of current partners should be considered (regardless of symptoms) to prevent reinfection.

ADDITIONAL RESOURCES

- York Region Public Health Sexual Health Clinics 1-800-361-5653, # 1
- [Mycoplasma Genitalium guide: Key information and resources](#)