

MYCOPLASMA GENITALIUM AND UREAPLASMA

WHAT IS MYCOPLASMA GENITALIUM?

Mycoplasma genitalium is a bacterial sexually transmissible infection (STI). They can infect the cervix (top part of vagina), urethra (where urine comes out), and rectum (anal passage).

WHAT IS UREAPLASMA?

Ureaplasma is a sexually transmissible infection that affects the urogenital tract and may be caused by bacteria that normally lives in the urinary tract but may overgrow causing symptoms.

SYMPTOMS

Many people with mycoplasma genitalium or ureaplasma infections do not know they have them because they do not have symptoms.

Symptoms of mycoplasma genitalium 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

Symptoms of ureaplasma may include one or more of the following:

- Difficulty or pain (discomfort, stinging or burning) during urination (peeing)
- Increased urinary frequency and or other dull ache or pain in the urinary tract or genitals

If you have symptoms, STI testing is the best way to know if you have an infection.

HOW IS IT SPREAD

Mycoplasma genitalium and ureaplasma are mainly passed on during unprotected sexual contact with someone who has the infection.

Sexual contact may be vaginal, anal, or oral sex. It is usually passed directly from an infected area but mycoplasma genitalium can also be passed on by touching the genitals with fingers (if you have infected fluids on your hand) or sharing sex toys. Mycoplasma can affect anyone who is sexually active. Ureaplasma affects the urogenital tract and is spread the same way as mycoplasma.

DIAGNOSIS

Testing is the best way to diagnose these infections. 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 on a cotton swab.

Testing for these infections is not a routine part of a sexual health screen. Usually, you will only be tested if you have symptoms or a sexual partner with known infection with mycoplasma genitalium or ureaplasma.

TREATMENT

- Ureaplasma can go away on its own without treatment; however, if you have symptoms or are or thinking of becoming pregnant (or your partner is) this infection should be treated
- Both Mycoplasma Genitalium and Ureaplasma infections may be treated with antibiotics prescribed by a health care provider
- Sometimes mycoplasma genitalium is 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 genitalium, 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.

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](#)