

Emergency Department
Epididymitis

General Information

Epididymitis is a swelling and redness of the small coiled tube (epididymis) through which sperm pass. This tube is at the back of each testicle. The swelling can be in one or both testicles.

Causes

- Urinary Tract Infection
- Sexually Transmitted Diseases
- Enlarged Prostate Gland
- After surgery on the prostate
- After a medical procedure involving the urinary tract

Symptoms

- Swelling in one or both of the testicles
- Pain in the scrotum
- Sore groin
- Pain when urinating (peeing)
- Painful sex or ejaculation
- Fever
- Discharge from the penis
- Blood in the semen
- Lower abdomen pain (Stomach ache)

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Instructions

- Take all medication as prescribed
- If the infection is sexually transmitted, your sex partner(s) may need to be treated with medicine
- Use an ice pack to help with pain and swelling. Wrap the ice pack in a cloth and apply for 15 minutes every 1–2 hours for pain
- Rest
- When lying down, a folded or rolled up towel placed under the scrotum will help with swelling or pain
- A jock strap or briefs will help with pain. They provide support.
- If you have an infection, do not have sex until the infection is over
- Over the counter anti-inflammatory medications such as ibuprofen (Advil or Motrin) may help with pain

See your Doctor if any of the following develop

- If there is no improvement in symptoms after 3 days of the medication
- If the pain in the testicles is not relieved with medication
- If the scrotum develops sores, or leaks pus

Return to Emergency if any of the following develop

- Purple or blue coloured scrotum
- Fever higher than 38°C (100.4°F), lasting longer than 24 hours after starting antibiotic treatment
- Confusion

For more information or questions contact HealthLinkBC at 811.

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