



# Guide to Gonorrhea

What is Gonorrhea?  
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Symptoms  
How do you prevent it?  
How do you treat it?  
How do they test for it?  
Resources

This package was created by the Healthy U program at the University of Manitoba. Healthy U is a UM student group made up of a team of friendly volunteers who are trained student health educators.

We provide students with validated health information through our health packages and outreach events, online resources, and one-on-one support. Health topics that we provide resources on include mental health, sexual health, physical health, substance use, social and cultural wellness, and finding a balance.

Please reach out to us if you have any questions at:  
[healthyu@umanitoba.ca](mailto:healthyu@umanitoba.ca)

# Gonorrhea

## What is it?

Gonorrhea is a common bacterial infection that is easy to treat.

## How do you get it?

Gonorrhea is transmitted through semen, pre-seminal fluid, and vaginal fluid. This means it can be contracted through oral, anal, or vaginal sex, or if any of these fluids contacts the genitalia.

## What are the symptoms?

Sometimes gonorrhea has no symptoms or they are very mild. If you do have symptoms, you may experience pain or burning when you pee, yellow or bloody vaginal discharge, bleeding between periods, pain or swelling in testicles, and discharge from penis (may be yellow, green, or white). In men, symptoms are more common and often appear after a week of getting the infection.

## Prevention

Condoms work very well against gonorrhea, but they are never a guarantee. Make sure both you and your partner are tested regularly.

# Testing for Gonorrhea

## Getting tested

Usually you just need to give a urine sample, but the health care provider may also take a swab of any discharge, or possibly a cervical swab.

## Treatment

Good news: Gonorrhea is curable if you take antibiotics! Make sure you take the full course even if you are feeling better, to make sure the infection doesn't come back. It is important to get treatment early, because having gonorrhea for a long time may lead to long-term complications.

## What next?

If you've received treatment and antibiotics from your doctor, that's a great start. Make sure you contact previous partners (or have the clinic do this for you) to let them know they need to be tested.

The only way to be sure you won't pass the infection on is to not have sex until you've finished your antibiotic treatment. If you do have sex before your antibiotics are done, make sure your partner is aware and always use condoms.

# UM Resources

## STIs and STI Testing

### **University Health Services (UHS)**

UHS has health care providers that can do STI testing.

100 UMSU University Centre

204-474-8411

<https://umanitoba.ca/student-supports/health-wellness/university-health-service>

### **Health and Wellness**

The Health and Wellness Educator is a Registered Psychiatric Nurse and available to talk about health and wellness topics. 469 UMSU University Centre (within the SCC)

204-295-9032

[healthandwellness@umanitoba.ca](mailto:healthandwellness@umanitoba.ca)

<https://umanitoba.ca/student-supports/health-wellness>

### **Healthy U**

Healthy U can provide students with health and wellness information and safer sex supplies.

162 Extended Education

204-474-6740

<https://www.healthyuofm.com/>

### **Women's Centre**

The Women's Centre offers condoms, pregnancy tests, and free menstrual products.

190 Helen Glass Centre

[womensrep@umsu.ca](mailto:womensrep@umsu.ca)

<https://umsu.ca/student-clubs-associations/student-clubs/womens-centre/>

# Off Campus Resources

## STIs and STI Testing

You can access STI testing with your family doctor, walk-in clinic, or Access Centre.

### **Nine Circles Community Health Centre**

204-940-6000

<https://ninecircles.ca/>

### **Klinik**

204-784-4090

<https://klinik.mb.ca/>

### **Women's Health Clinic**

204-947-1517

<https://womenshealthclinic.org/>

### **NorWest Co-op Community Health**

204-938-5900

<https://norwestcoop.ca/>

### **Mount Carmel Clinic**

204-582-2311

<https://www.mountcarmel.ca/>

### **Youville Community Health Resource Centre**

204-255-4840

[youville.ca/health-centre](http://youville.ca/health-centre)

### **Aboriginal Health & Wellness Centre of Winnipeg**

204-925-3700

<https://ahwc.ca/>

### **Family Doctor Finder**

If you do Not have a family physician but would like to connect, you can call the Family Doctor Finder line for assistance.

204-786-7111

<https://www.gov.mb.ca/health/familydoctorfinder/>