



Guide to Gonorrhea

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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



Gonorrhea

What is it?

Gonorrhea is a common bacterial infection that is super 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.

ACW-Lot temporary trailer (behind the Isbister building)

204-474-8411

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

University Pharmacy

The University Pharmacy is a full service pharmacy. Health care products, cosmetics, dorm essentials, healthy snacks, prescription items, and immunizations.

111 University Centre

204-474-9323

<https://umanitoba.ca/campus-services/university-centre-pharmacy>

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

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

Healthy U

Healthy U can provide student with information about health and wellness topics.

<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

<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://ninemircles.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/>

Klinic

204-784-4090

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

Women's Health Clinic

204-947-1517

<https://womenshealthclinic.org/>

NorWest Co-op Community Health

204-940-2020

<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

Aboriginal Health & Wellness Centre of Winnipeg

204-925-3700

<https://ahwc.ca/>