

When can I have sex again?

You should not have any type of sex (with or without condoms) until you and your partner(s) have finished your treatment and have received the results of your repeat test to confirm that the infection is gone.

What happens if *M gen* is left untreated? In women and people with a vagina

M gen can spread from the neck of the womb (cervix) up into the womb (uterus) the fallopian tubes and ovaries. This is called pelvic inflammatory disease, or PID. PID can increase the risk of infertility and ectopic pregnancy (a pregnancy that occurs outside the womb, usually in one of the fallopian tubes).

In men and people with a penis

M gen can spread from the urethra (the tube through which you pass urine) to the epididymis and testes, causing pain and swelling of the testicles. This is known as epididymo-orchitis.

How can I prevent myself from getting *M gen* again?

Using condoms correctly and every time you have sex will reduce your risk of getting *M gen* and other STIs.

If your partner has *M gen*, it is really important that you don't have sex with them until they have been tested after treatment and the infection is cleared.

M gen in pregnancy

You can get *M gen* if you are pregnant. If you need to be treated while you're pregnant, your healthcare provider will discuss the treatment options with you.



A guide to *Mycoplasma genitalium*

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Sláinte Ghnéis &
Clár um Thoirchis Ghéarchéime
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What is *M gen*?

Mycoplasma genitalium (*M gen*) is a bacterium or germ that can be transmitted through sexual contact.

M gen can infect the urethra (the tube through which you pass urine), cervix (neck of the womb), fallopian tubes and epididymis (sperm-carrying tube). Less commonly it can be found in the rectum (back passage).

How common is *M gen*?

It is not yet known how common *M gen* is in Ireland. Worldwide, it is an emerging STI and it is not yet fully understood.

In STI clinics it has been reported in around 10–15% of people with discharge from the penis and/or pain passing urine, and around 5–10% of women and people with a vagina with pelvic pain.

How could I get *M gen*?

M gen is passed on through penetrative vaginal or anal sex without a condom with someone who has the infection. It cannot be caught by kissing, hugging, sharing baths or towels, using swimming pools or from toilet seats.

What symptoms would I have with *M gen*?

Many people with *M gen* do not experience any symptoms. Many of the symptoms described below can be caused by other infections. Your healthcare provider will know whether or not you need to be tested for *M gen* and explain this to you.

If you do have symptoms, the most common symptoms are:

Men and people with a penis

- Burning when passing urine
- Discharge from the end of the penis
- Pain or discomfort in the testicles

Women and people with a vagina

- Change in your normal vaginal discharge
- Bleeding between periods or heavier periods
- Bleeding after sex
- There may be pain or discomfort in the lower abdomen and pain during sex

How can I find out if I have *M gen*?

Testing for *M gen* testing is not recommended as part of a routine STI check up. *M gen* testing is not recommended if you do not have any symptoms, unless you have had a recent sexual partner who has tested positive for *M gen*. If you have symptoms, your healthcare provider will decide if you should be tested for *M gen* based on the symptoms you have and your medical history.

M gen is diagnosed by taking a urine sample (first void) or by taking a vaginal swab, either self-taken or taken by your healthcare provider. Depending on symptoms, some people may also have a swab taken from the rectum (back passage).

How is *M gen* treated?

M gen is treated with antibiotics. In Ireland it is recommended that people who test positive for *M gen* be treated at an STI clinic. This is because this bacterium can be difficult to treat and it is important that the correct antibiotics are used.

Will I need a repeat test to make sure the infection has cleared?

A repeat test is recommended after treatment in everyone who has *M gen*. This is usually done 5 weeks after the treatment was started.

It is very important that you attend for the repeat test to make sure the infection has gone, as there are strains (types) of *M gen* which are resistant to some antibiotics and you may need further treatment with different antibiotics.

What about my partner?

If you have *M gen*, your current partner(s) will also be offered testing. Sometimes your partner will be offered treatment before their results come back, sometimes the results will be waited for before deciding on the need for treatment. Your healthcare provider will discuss this with you.