

Discharge Instructions for Epididymitis



You have been diagnosed with epididymitis. This is an inflammation of a coiled tube called the epididymis that is located behind your testicle, inside the scrotum. The epididymis collects and stores sperm made by the testicles. Epididymitis is often caused by bacteria in the urinary tract or by bacteria passed between partners during sex. It can also be a complication of certain hospital procedures, or it can be caused by use of a urinary catheter. Here's what you need to do at home to care for yourself.

Home care

- Be sure to finish all the medicine your healthcare provider prescribed—even if you feel better. Not finishing the medicine can make your condition harder to treat or cause the condition to come back.
- Rest in bed if you are uncomfortable. Discomfort should go away within 1 to 3 days of treatment. Swelling may continue for up to 2 months.
- Ask your healthcare provider about pain medicine to keep you comfortable.
- Use an ice pack or bag of frozen peas to help relieve the pain. Wrap the peas or ice pack in a thin cloth and apply to the area.
- Don't leave the ice pack on your skin for longer than 20 minutes, and don't use it more often than once every hour.
- Elevate the scrotum with a rolled-up towel when you are resting.
- For the first few days, wear an athletic supporter. When your pain subsides, wear briefs instead of boxers to better support the scrotum. This can help relieve pain.
- Keep your penis and scrotum clean.
- Use a condom to protect against sexually transmitted infections (STIs).
- If your condition was caused by an STI, be sure to tell your sexual partner or partners.

Follow-up care

Make a follow-up appointment or as directed by your healthcare provider.

When to call your healthcare provider

Call your healthcare provider right away if any of the following occur:

- Increased pain or swelling in the scrotum
- Frequent urge or inability to urinate
- Discharge from the penis
- Pain during ejaculation
- Fever of 100.4°F (38°C) or higher, or as directed by your healthcare provider

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions

This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.