Ureaplasma Fact Sheet

What is Ureaplasma?
Ureaplasma is a very small bacterium that both men and women can catch and transmit to each other.

Ureaplasma infection is a little known but common STI. It can be spread vaginal, oral, or anal sexual contact and intercourse.

Ureaplasma can be found in normal, healthy genital tracts in both men and women. If a colony of Ureaplasma overgrow, it can cause irritation and other symptoms. A Ureaplasma infection can occur without there any unprotected sexual intercourse. Once the colony has overgrown, the infection can then be passed on sexually.

What are the symptoms (if any)?
People with Ureaplasma infection often have no symptoms at the start.

When symptoms do occur, they are similar in both men and women. They may include one or more of the following: burning or stinging when urinating, the need to urinate more frequently and/or other dull ache or pain in the urinary tract or genitals. This is due to irritation in the genitor-urinary area.

How is it treated?
Ureaplasma can go away on its own without treatment. However, if you have symptoms, or are, or wish to be pregnant (or your partner is, or wishes to be pregnant), it can also treated with a course of antibiotics.

You should abstain from sexual intercourse until your treatment is finished, and ensure that your sexual partners are also treated to avoid re-infecting each other.

What happens if you do not get treated?
If Ureaplasma infection is left untreated, there is an increased risk of getting other STIs, including HIV.

There is also the increased likelihood of symptoms occurring as the infection grows, in particular urinary infections which can be painful.

In women there is also an increased likelihood of infertility if there is a prolonged Ureaplasma infection.

Better2Know Testing Information
You should wait 14 days after any incident you are concerned about before getting tested for Ureaplasma infection.

Better2Know’s standard Ureaplasma test uses a urine sample to test for Ureaplasma infection.

Women can also choose a vaginal swab to identity any bacterial infection such as Ureaplasma.