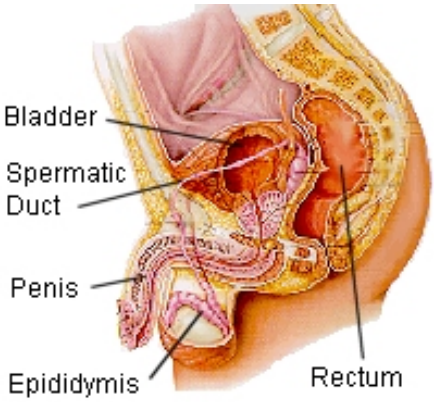
Epididymitis

Epididymitis is a swelling (*inflammation*) of the epididymis. The epididymis is a cord-like structure along the back part of the testicle. Epididymitis is usually, but not always, caused by infection. This is usually a sudden problem beginning with chills, fever and pain behind the scrotum and in the testicle. There may be swelling and redness of the testicle.

DIAGNOSIS

Physical examination will reveal a tender, swollen epididymis. Sometimes, cultures are obtained from the urine or from prostate secretions to help find out if there is an infection or if the cause is a different problem. Sometimes, blood work is performed to see if your white blood cell count is elevated and if a germ (*bacterial*) or viral infection is present. Using this knowledge, an appropriate medication which kills germs (*antibiotic*) can be chosen by your caregiver. A viral infection causing epididymitis will most often go away (*resolve*) without treatment.



HOME CARE INSTRUCTIONS

- Hot sitz baths for 20 minutes, 4 times per day, may help relieve pain.
- Only take over-the-counter or prescription medicines for pain, discomfort or fever as directed by your caregiver.
- Take all medications, including antibiotics, as directed. Take the antibiotics for the full prescribed length of time even if you are feeling better.
- It is very important to keep all follow-up appointments.

SEEK IMMEDIATE MEDICAL CARE IF:

- An oral temperature above 102° F (38.9° C) develops, which is not controlled by medication.
- You have pain not relieved with medications.
- You have any worsening of the problems (*symptoms*).
- The pain seems to come and go.
- You develop pain, redness and swelling in the scrotum and surrounding areas.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 04/07/2004 Document Re-Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.