

## Is there any treatment?

The correct antibiotics easily cure most causes of proctitis. "Diarrheal diseases" usually resolve without antibiotic treatment but anti-diarrheal medication may be useful.

## What will happen if I don't treat proctitis?

Proctitis can cause damage inside your anus and spread to other parts of your body. Treatment is more difficult if this happens. "Diarrheal diseases" can cause you to lose large amounts of fluid from your body, which makes you weak. If not treated, the infection can be transmitted to other people.

## How do you check for proctitis?

The doctor will examine your abdomen and inspect the outside and inside of your anus. To inspect the inside of the anus and rectum, a small tube called a proctoscope is inserted into the anus. If there is a laboratory, a sample of any rectal fluids may be collected and checked. If the doctor finds pus inside your anus, this means you have proctitis.

## Do sexual partners need treatment?

Sexual partners exposed by anal sex without a condom are at high risk of catching proctitis. Your sexual partners should have the same treatment as you before you have sex with them again.

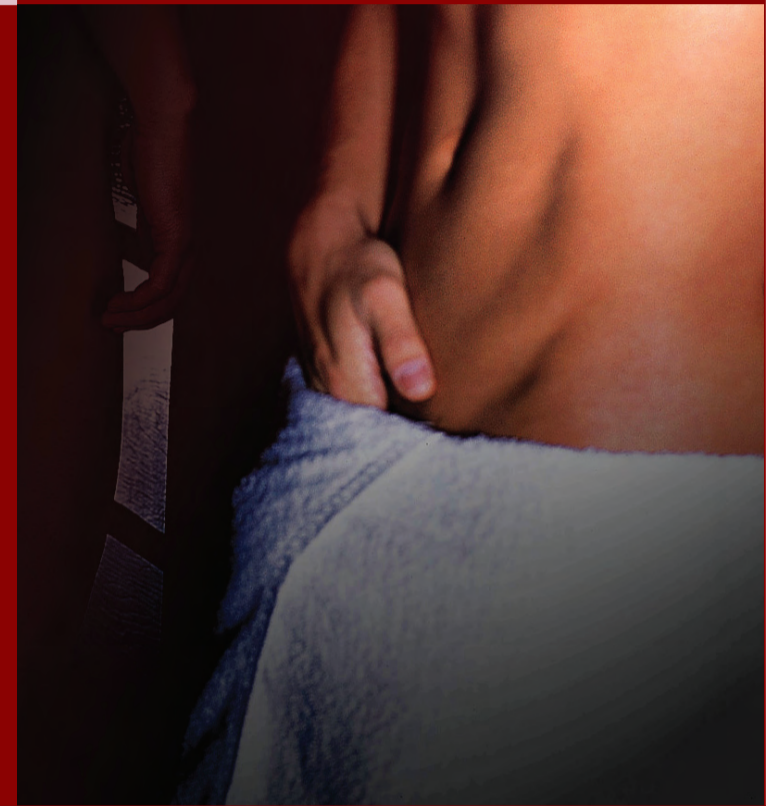
### This series of 12 fact sheets including:

- Male Anogenital anatomy
- Anogenital ulcer
- What infections am I at risk of when having sex?
- How to put on a condom?
- Male to Female Genital surgery
- Genital warts
- Hormone Therapy for Male to Female Transgender People
- **Proctitis**
- What can happen to me if I am raped?
- Scrotal swelling
- What does an STI & HIV check up involve?
- Urethral discharge



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## What is proctitis?

Proctitis means an infection of the rectum the lower part of your digestive tract (gut) located your anus.

## How do I know if I have proctitis?

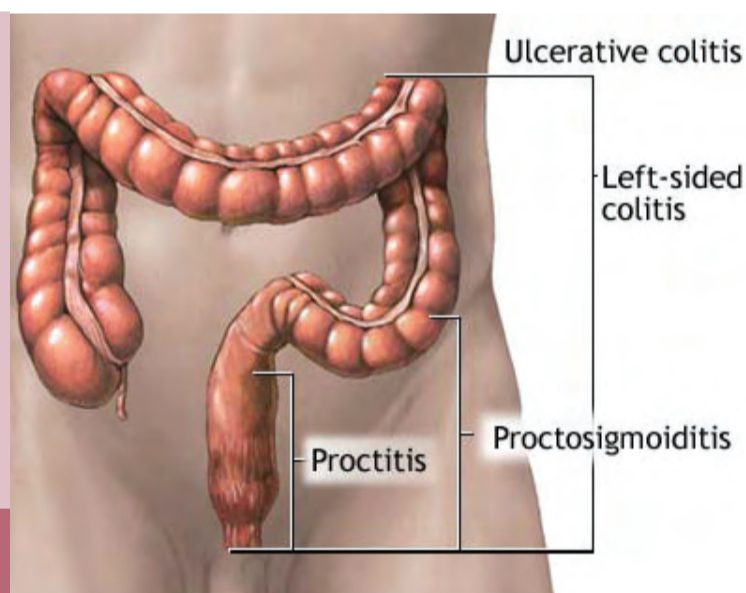
If you have proctitis, you might have

- blood or mucus coming from your anus,
- intense pain in your anus when you pass feces,
- pain in the lower part of your stomach,
- sometimes, there can be a lump, rash or tear near your anus.

Many people with proctitis have no signs or very mild signs. In this situation, the doctor can see the proctitis when they look inside your anus with a proctoscope during a 'check-up.'

## What causes the proctitis?

Proctitis is commonly caused by sexually transmitted infections such as gonorrhea, chlamydia, syphilis, or herpes. "Diarrheal diseases" or gastroenteritis can also cause proctitis.



Source:  
U.S. National Library of Medicine National Institutes of Health  
<http://www.nlm.nih.gov/medlineplus/framing.html>

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## How did I get this infection?

Having anal sexual intercourse without a condom, with someone who has the infection, passes on gonorrhea, chlamydia, syphilis, or herpes.

Swallowing the infection transmits "diarrheal diseases." This can happen during oral-anal intercourse or by eating or drinking contaminated food or water.

## What else do I need to know about proctitis?

- Finish all drugs used to treat proctitis.
- Avoid sexual intercourse for one week after treatment because the infection may not be cured yet. Use a condom if you cannot abstain from sexual intercourse during this time.
- Return for a follow-up appointment after the treatment to check that you are better.
- Regularly clean the anogenital area with mild soap and water to keep it healthy.
- Condoms provide the best protection against proctitis.