

TRICHOMONIASIS

What is Trichomoniasis?

Trichomoniasis (trich) is a sexually transmitted disease (STD) caused by a single-celled protozoan parasite. Women can get trich from infected men or women. The vagina is the most common infection site for women. Men usually only get trich from infected women. The urethra is the most common infection site for men.

What are the symptoms?

The majority of men experience no symptoms. Some women have no symptoms, others experience:

- Greenish-yellow frothy vaginal discharge
- Unpleasant odor
- Vulvar irritation
- Vulvar and/or vaginal itching and swelling

Symptoms for men:

- Mild urethra discharge
- Urge to urinate
- Slight burning with urination

Symptoms for trich may be similar to other vaginal infections including yeast, bacterial vaginosis, chlamydia or gonorrhea.

How do I find out if I have trich?

For women, a pelvic exam and a laboratory test must be done in order to diagnose trich. For men, a laboratory test is all that is needed, but it is harder to detect trich in men than in women.

How do I treat trich?

Trichomoniasis can usually be cured in women and men with prescription antibiotics, either Metronidazole or Tinidazole. It is important to avoid sexual intercourse until you and your partner(s) complete treatment and have no symptoms. Metronidazole is safe for use with pregnant women. Women are encouraged to have a re-check in 3-4 weeks.

Side effects of Metronidazole/Tinidazole

Possible side effects of the antibiotics include:

- Nausea
- Drinking alcohol with the antibiotics can intensify the nausea and create vomiting
- AVOID drinking alcohol during treatment and for two days following treatment
- Metallic taste in the mouth

How do I avoid getting STDs if I choose to be sexually active?

There are many methods available, but only you can choose what is right for you.

Some options include:

- Having yourself and your partner screened before starting a sexual relationship.
- Maintaining a mutually monogamous relationship with a partner that has been tested for STDs.
- Proper condom use every time you have sex.

