

TRICHOMONIASIS **(Trich; Trichomonas vaginalis)**

What is it?

Trichomoniasis is an infection caused by a tiny parasite called trichomonas vaginalis. Trichomoniasis is most often sexually transmitted by having vaginal sex with someone who is infected.

What are the symptoms?

Many times there are no symptoms. If symptoms do appear, they can include:

Women:

- vaginal discharge, different from normal
- unpleasant smell
- intense vaginal itching
- redness and pain in vaginal area
- pain or trouble passing urine (peeing)

Men:

- discharge from penis
- burning when passing urine
- irritation around tip of penis

How is it diagnosed?

Women:

A swab of the vaginal discharge is usually necessary. Occasionally trichomoniasis will show on a routine Pap test.

Men:

A swab is taken from the tip of the penis.

How is it treated?

The most effective treatment for trichomoniasis is metronidazole, also called Flagyl. Your doctor will give you a prescription for these pills. Trichomoniasis is almost always cured

with Flagyl. If the symptoms do not go away, talk with your doctor. Both partners need to be treated.

Some people may feel sick to their stomach or have diarrhea while taking Flagyl. Others have noticed a metallic taste in their mouth, dry mouth and a dry vagina.

Do not drink alcohol (beer, wine, and liquor) while taking Flagyl and for 24 hours after finishing treatment as you may vomit or have a bad reaction.

Do not have sex during treatment, even if you plan to use a condom.

Trichomoniasis, if not treated, can lead to pelvic inflammatory disease (PID) which can cause infertility. It is especially important to be treated and followed closely by the doctor if you are pregnant as the baby could be born early.

Is follow-up important?

If you still have symptoms, return for testing and/or more treatment.

You should also be tested for other sexually transmitted infections such as Chlamydia, gonorrhea and syphilis. Trichomoniasis is linked with an increased risk of HIV in women if in contact with someone who is infected.

Remember: Condom use will help prevent the spread of STIs, HIV and Hepatitis B.

**For more information call Peel Health 905-799-7700
and ask for Sexual Health Information
or visit
intheknowpeel.ca peelsexualhealth.ca peelregion.ca/health**