

Fact Sheet

TRICHOMONAS VAGINITIS

What is it?

Trichomoniasis is a common Sexually Transmitted Infection (STI) caused by a protozoan, trichomonas. It is most often spread through sexual contact with an infected partner.

What are the symptoms?

Women:

- no symptoms or
- frothy, grey/yellow/greenish foul smelling vaginal discharge
- intense vaginal itching
- redness and pain in vaginal area
- pain during sex or when passing urine
- itching of skin of labia, anus, thigh

Men:

- often no symptoms or
- itching of the penis
- discharge from penis
- burning when passing urine
- irritation around tip of penis
- burning sensation after sex
- itching of skin of scrotum, anus, thigh

How is it diagnosed?

Women:

A sample of fluid from the vagina.

A Pap test may also show that a woman has trichomonas.

Men:

A sample of any discharge from the tip of the penis.

How is it treated?

The most effective treatment for trichomonas is Metronidazole (Flagyl). Some people may feel nauseated or have diarrhoea while taking Flagyl. Others may notice a dry metallic or bitter taste in their mouth.

Do not drink alcohol (beer, wine, liquor) while taking Flagyl and for 48 hours after you finish treatment. Alcohol and Flagyl together will cause severe nausea and vomiting.

If you are pregnant or breastfeeding, tell the doctor or clinic staff before you take any medication.

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What about sexual partners?

All sexual partners need treatment to prevent re-infection. Do not have sex while you and your partner are on the medication and for seven days after you both finish it. If you use sex toys, read and follow the instructions about how to clean them. Do not share sex toys.

Is follow-up important?

If you take all the medication as directed, most of the time, you are cured. If the symptoms continue or come back, see a doctor.

Remember:

- It is important to take all the medication as prescribed by the doctor or clinic.
- It is important not to have sex during treatment and for 7 days after you and your sexual partner(s) have been treated. A person can get re-infected every time they have sex with an infected partner who has not been treated.
- If you have an untreated STI like trichomonas, it is easier to get HIV from a person who has it.
- Use condoms to lower the chance of getting STIs.
- It is possible to have more than one infection at a time, so it is important to be tested for other STIs.

**For more information call the
AIDS and Sexual Health InfoLine at 416-392-2437**

SAFER SEX

*To reduce your risk of getting a sexually transmitted infection (STI),
use a condom every time you have vaginal, anal or oral sex.*

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