

TRICHOMONIASIS

WHAT IS AN TRICHOMONIASIS?

Trichomoniasis, or “Trich” is a sexually transmitted infection (STI) caused by a one-celled parasite called *Trichomonas vaginalis*. This infection can be found in the urethra, bladder, vagina, cervix, or under the foreskin of the penis. Trichomoniasis can be treated and cured.

SYMPTOMS

Many people have no symptoms. If symptoms occur, they develop four to 20 days after sexual contact with an infected person.

Symptoms may include:

- A large amount of a thin, often foul-smelling discharge from the vagina — which might be clear, white, gray, yellow or green
- Genital redness, burning and itching
- Pain with urination or sex
- Discomfort over the lower stomach area
- Itching or irritation inside the penis
- Burning with urination or after ejaculation
- Discharge from the penis

HOW IS IT SPREAD

Trichomoniasis is spread during unprotected sexual activity, including mutual masturbation, and sharing of sex toys

DIAGNOSIS

- Trichomoniasis can be diagnosed from a swab of the vagina or penis. A urine sample can also be tested for trichomoniasis.

TREATMENT

- Trichomoniasis can be treated with oral antibiotics by mouth
- All sexual partners should be treated at the same time so they do not re-infect each other
- No sexual intercourse until the treatment is completed for both partners

COMPLICATIONS

- Trichomoniasis can increase the risk of getting or spreading other sexually transmitted infections (e.g., trich can cause genital inflammation, making it easier to get HIV, or pass it to a sex partner)
- Trichomoniasis infections can increase the risk of acquiring and transmitting HIV for both men and women
- Trichomoniasis may occur in conjunction with other STIs, such as gonorrhea, chlamydia, syphilis, HIV, and hepatitis B
- In pregnancy, Trichomoniasis infection may increase the risk of pre-term delivery, premature rupture of the membranes or low birth weight

PREVENTION

- Abstain from sex or limit the number of sexual partners
- Make informed decisions by talking to your partner about his/her sexual health and the use of condoms before having sex
- Ask partner(s) to be tested before you have sex
- Always use a condom from beginning to end of oral, anal, or vaginal sex

ADDITIONAL RESOURCES

- sexandu.ca
- York Region Public Health Sexual Health Clinics **1-800-361-5653, # 1**