

Trichomoniasis

Trichomoniasis (“Trich”) is the most common **curable** sexually transmitted disease (STD) in the United States. (HPV being the most common but non curable). Anyone who is sexually active, no matter their gender or sexual orientation, can contract Trichomoniasis although it is more common in women than in men.

Frequent Signs & Symptoms

There are often **NO** signs or symptoms. Symptoms may include:

Women:

- Itching, burning, redness, or irritation/soreness of genitals.
- Abnormal vaginal discharge that can have an abnormal fishy smell.
- Pain/burning/discomfort with urination

Men:

- Itching or irritation inside the penis
- Discharge from the penis
- Burning after urination or ejaculation

Symptoms can come and go.

Causes

Trichomoniasis is caused by the parasite *Trichomonas vaginalis*. Trich is passed from one person to another during sexual intercourse. The parasite usually spreads from penis to vagina, vagina to penis, or vagina to vagina. Infection can occur even if your partner does not have symptoms.

Prevention

The only way to avoid contracting Trichomoniasis is to not have vaginal, anal, or oral intercourse (abstinence). If you are sexually active ways to reduce your risk include:

- Maintaining a mutually monogamous relationship with a partner who has been tested and has proof of negative test results.
- Using condoms the right way EVERY time you have sex. This includes condoms with oral intercourse.

Diagnosis

Diagnosis requires laboratory testing. Your health care provider may need to do an exam of your genital area.

Treatment

Your health care provider will need to prescribe an antibiotic to treat Trichomoniasis. The most common treatment is a one-time oral dose of metronidazole. Avoid alcohol for 24 hours before and after taking the medication. Notify your health care provider of any medication allergies you may have. Four weeks after treatment repeat testing will need to be done to ensure the treatment was successful. All sex partners must be treated.

Activity

You must refrain from sexual activity for a minimum of 7 days after you and your sex partner(s) have been treated. It is best to wait until repeat testing is done to re-engage in sexual activity.

Use condoms with all intercourse.

You should have routine testing at least once a year if you are sexually active.

Complications

Trichomoniasis can cause preterm labor in pregnant women and can also cause low birth weight in babies born to infected mothers.

It can also cause an increased risk of becoming infected with or spreading other sexual transmitted diseases such as HIV.

If symptoms worsen or do not improve, return to the clinic.

If you have worsening of symptoms when the Health and Wellness Center is unavailable, please follow up with the local ER or Urgent Care.

Additional Information: _____
