



# Trichomoniasis Fact Sheet

## What is Trichomoniasis?

- Trichomoniasis (also known as Trich, pronounced trick) is a sexually transmitted infection (STI) caused by a very small parasite called trichomonas vaginalis.
- It can be found in the urethra, bladder, vagina, cervix, or under the foreskin of the penis.
- Globally, it is considered the most common non-viral STI.
- Trich in pregnant women can cause problems with the pregnancy.

## How can you get it?

Trichomoniasis can be passed even if you do not have symptoms. It can be spread:

- Through unprotected sexual activity, including mutual masturbation and sharing of sex toys.
- Trichomoniasis is more common in people who have multiple sexual partners.

## Symptoms

Many women and most men do not have any symptoms of trich. But if there are symptoms, they usually start within 1 week after infection. In some cases, it can take 1 to 6 months for symptoms to start. 10-50% of infected people don't have symptoms.

### In women, symptoms include

- A frothy, off-white or yellowish-green vaginal discharge;
- An unpleasant odour;
- Vaginal itching;
- Redness and pain in vaginal area;
- Frequent passing of urine and pain; and
- Pain during urination or sex.
- Note that some women show no symptoms at all.

### Men don't usually have any symptoms.

#### Those that do might have:

- Discharge from the penis;
- Burning feeling during urination; and
- Irritation around tip of the penis.





## To know if you have trichomoniasis you need to get tested

- Testing can be done at a health clinic by a health care provider.
- Testing for Trichomoniasis is done by physical exam, examining discharge under a microscope, and swabbing the affected area for culture.
- If the test comes back positive for Trichomoniasis (for either you or your partner(s),) you may need to have further tests done to check for other possible infections.

## Treatment

- Trichomoniasis can be treated with oral antibiotics by mouth.
- You and any sexual partners should receive treatment.
- It is important to get treated early to prevent complications.
- No sexual intercourse until the treatment is completed for you and any sexual partners.

## Prevention Recommendations

- Use condoms and or dental dams properly every time you have sex.
- Regular testing is recommended for those who have multiple sex partners, which can increase your risks of getting an STI.

## What happens if trichomoniasis is not treated?

- Trichomoniasis infections can increase the risk of pelvic infections and getting other STIs and HIV
- In pregnancy, Trichomoniasis infection may increase the risk of pre-term delivery, premature rupture of the membranes or low birth weight.
- Trich may be associated with infertility or lower sperm count in men

