

Trichomoniasis

What is trichomoniasis?

Trichomoniasis is a sexually transmitted infection (STI).

How does someone get trichomoniasis?

Trichomoniasis is passed on by having sex, sexual contact or sex play with another person with trichomoniasis. It can also be passed on by sharing sex toys, e.g. vibrators.

If you use a condom every time you have sex, you are much less likely to get trichomoniasis.

How do I know if have trichomoniasis?

Symptoms may develop after sexual contact with someone else with the infection.

Symptoms include:

Females

- There can be a discharge or fluid leaking from the vagina.
- There can be a bad smell or odour in the genital area.
- You may feel itchy or sore in the genitals.
- Many women have no symptoms.

Males

- Most men do not have symptoms, however they can still pass trichomoniasis on.
- Some men may have discharge or fluid leaking from the penis and/or pain when passing urine.

How do I get tested?

- You need to see your doctor, nurse or sexual health clinic for a check-up. If you want, take along someone you trust, for support.
- Females will need a swab from the vagina. An anal swab might be required if you have anal sex. You may be able to do the swab/s yourself.
- Trichomoniasis is difficult to test for in men, so men are usually just treated if they have had sex with someone with trichomoniasis even if their tests are normal.
- It may be embarrassing, but it is better to get checked than to have untreated trichomoniasis.

How do I get treated?

A single dose of the right tablets usually cures it. The tablets sometimes make you feel a bit sick, but it helps if you take them with food. Don't drink alcohol for 24 hours after taking the tablets as it will make you feel really sick.

Important advice

- **Finish all the tablets you have been given, even if you feel better.**
- You need to tell **everyone** you have had sex with in the last 3 months to get a sexual health check and treatment for trichomoniasis.
- You should avoid sex for 1 week from the start of your treatment and until 1 week after your sexual contact/s have been treated. If this is not possible always use a condom, including for oral sex, until your treatment and your sexual contact/s treatment has been completed.
- We recommend you have another sexual health check in 3 months in case you get the infection again.

PATIENT INFORMATION

Important information

- Trichomoniasis is an STI that is **easy to treat**.
- It is more common for **females to show symptoms** than males.
- However, males can still pass it on.
- Women can get tested with a swab from the vagina.
- Men are usually just treated, but should have a sexual health check.
- You need to tell anyone you have had sex with in the last 3 months to get a sexual health check and treatment for trichomoniasis.
- You should avoid sex or use condoms for 1 week from the start of your treatment and until 1 week after your sexual contact/s have been treated, so you don't pass the infection on to someone else.