
▶ **What is trichomonas (trich)?**

Trichomonas (also called ‘trich’) is a common sexually transmitted infection (STI) caused by a parasite called *Trichomonas vaginalis*.

▶ **How is trichomonas spread?**

Trichomonas is spread from person to person during sexual contact. The vaginal or urethral discharges of infected people are what carry the parasite.

The parasite can live up to 24 hours on wet towels or clothing, making it possible to pass on when sharing these items.

People with more than one partner are at a greater risk.

▶ **How can I tell if I have trichomonas?**

Most men and some women may not have symptoms of infection.

Even without symptoms, you can pass trichomonas to someone else.

Men who have symptoms might notice:

- discharge from the penis
- burning during urination
- itching or redness at the end of the penis

Women who have symptoms might notice:

- vaginal discharge (off-white, or yellow frothy)
- pain during sex or urination
- vaginal itching and/or redness

▶ **Is there a test for trichomonas?**

Usually only women are tested by taking a swab from the fluid in the vagina

▶ **How is trichomonas treated?**

Medication will treat and cure trichomonas. Treating partners at the same time will ensure that the infection is not passed back and forth. It is important to:

- take all the pills as prescribed
- tell your sex partner(s) that you have trichomonas so they can be treated at the same time
- abstain from sex until you and your partners have completed treatment

▶ **Is follow-up necessary?**

You will need to follow-up if you continue to have symptoms after your treatment is finished.

▶ **How do I protect myself and others?**

Talk with your partner and make informed decisions BEFORE having sex and plan to:

- abstain or limit your number of sex partners
- ask your partners to be tested before you have sex
- always use condoms or barriers for vaginal, oral and anal sex
- get an STI check-up—especially if either of you have had more than one sex partner or think you have an infection
- get immunized for hepatitis B and Human Papillomavirus (HPV)
- consider the effect that alcohol and drug use can have on sexual decision-making

▶ **Are there any special concerns about trichomonas?**

- Trichomonas can increase the risk of transmission of other STIs (chlamydia, gonorrhoea, HIV, syphilis, hep B and HPV)

- Trichomonas can cause pelvic inflammatory disease (PID) in women, which can cause infertility, pelvic pain or ectopic pregnancy.
- A pregnant woman with the infection can cause premature delivery or low birth weight

▶ **Who can I talk to if I have more questions?**

If you have concerns or questions, call and ask for Sexual Health, or visit the health unit website below.



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Tel: 705-721-7520
Toll free: 1-877-721-7520
www.simcoemuskokahealth.org

▶ **References**

[Public Health Agency Canada](http://www.healthycanada.ca)
[Centres for Disease Control and Prevention](http://www.cdc.gov)

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Trichomonas

