



GEORGIAN BAY WOMEN*S CLINIC

Trichomoniasis: What You Should Know

What's Trichomoniasis?

Trichomoniasis, often called "trich," is a common sexually transmitted infection (STI) caused by a parasite called *Trichomonas vaginalis*. It can affect anyone, but it's more common in people with vaginas. It's usually spread through sexual contact.

What Are the Symptoms?

Many people with trich don't have any symptoms, so they might not know they have it. But if symptoms do show up, they can include:

For People with Vaginas

- Unusual vaginal discharge (clear, white, yellowish, or greenish)
- Strong vaginal odor
- Itching or irritation in the genital area
- Pain during sex

- Burning when you pee

For People with Penises

- Discharge from the penis
- Burning when you pee or after ejaculation
- Itching or irritation inside the penis

How Can You Prevent It?

Use Condoms: Always use condoms during sex. They really help reduce the risk.

Get Tested Regularly: Especially if you're under 25 or have new/multiple partners.

How Do You Get Tested?

Sample Collection: A healthcare provider will take a sample of vaginal fluid (for people with vaginas) or a urethral swab (for people with penises).

Urine Test: In some cases, a urine sample can be tested.

How Is It Treated?

Antibiotics: Trich is treated with prescription antibiotics, usually metronidazole or tinidazole.

Follow Directions: Take all your meds even if you feel better.

No Sex: Avoid sex for 7 days after you and your partner(s) finish your treatment to prevent spreading it.

Tell Your Partners: They need to get tested and treated too, so you don't pass it back and forth.

Follow-Up

Re-Test: Get tested again after 3 months to make sure it's gone, especially if you're pregnant.

Watch Symptoms: If symptoms don't go away, check with your care provider.

Stay Safe: Keep using protection and getting tested to avoid getting it again.

Remember:

- Trich often has no symptoms, so regular testing is key.
- Untreated trich can increase the risk of getting other STIs, including HIV.
- Treatment is easy and effective, so don't hesitate to get checked and take care of yourself.