

Trichomoniasis

Trichomoniasis is caused by the organism *Trichomonas vaginalis*. It is transmitted through sexual contact with an infected person.

Trichomoniasis during pregnancy may lead to low birth weight babies and prematurity.

Symptoms of trichomoniasis

Trichomoniasis is detected more often in women and rarely in men. Some women do not have any symptoms of infection. When they do, symptoms may include:

- A yellowy green, 'frothy' discharge
- An unpleasant odour
- Vaginal or vulval itching.

Men usually do not develop symptoms, but they may be the carriers of the infection. Symptoms in men may include a discharge from the penis and burning during urination.

Diagnosis of trichomoniasis

In women, a vaginal examination and swab is required. The swab is then sent to the laboratory and examined under a microscope.

In men, a swab is taken from the penis if discharge is present; otherwise, a urine sample can be collected.

Treatment for trichomoniasis

Antibiotics are used to treat trichomoniasis. This will involve one of the following antibiotics:

- **Metronidazole (Flagyl)** – a single dose (2g), taken with food
- **Tinidazole (Fasigyn)** – a single dose (2g), taken with food.

Avoid drinking alcohol during treatment and for 48 hours after taking Metronidazole (Flagyl) and for 72 hours after taking Tinidazole (Fasigyn).

Possible effects of treatment

These medications may cause:

- Nausea or an upset stomach
- A metallic taste in your mouth, which will disappear soon after the treatment is completed.

Preventing re-infection

If you have trichomoniasis, all your sexual partners should be treated – regardless of whether or not they have symptoms. It is recommended that you either have no sex or have completely protected sex (use a condom before any physical contact occurs) until treatment is completed for both yourself and your partners.

Recurrences can occur

Occasionally, trichomoniasis may recur after the initial infection has been treated. If this occurs, consult your doctor who may prescribe a longer course of treatment.

Where to get help

- Melbourne Sexual Health Centre Tel. (03) 9341 6200 or 1800 032 017 or TTY (for the hearing impaired) (03) 9347 8619
- Your doctor
- Your local community health centre

Things to remember

- Trichomoniasis is a sexually transmissible infection (STI).
- It may cause a yellowy green, 'frothy' discharge that is often accompanied by an unpleasant odour and vaginal or vulval itching.
- The infection can be treated with antibiotics.
- You should either avoid sex or use condoms correctly (have safe sex) until the infection has been treated.

This page has been produced in consultation with, and approved by:

Melbourne Sexual Health Centre

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