

Trichomoniasis

Also known as trich

Trichomoniasis is an infection of the genitals and can be passed on during sex without a condom.

QUICK FACTS

- Trichomoniasis is a genital infection caused by the organism-*Trichomonas vaginalis*
- Many people have no symptoms
- Examination, urine samples and swabs are used to diagnose trichomoniasis
- Trichomoniasis is treated with antibiotics

What is this?

Trichomoniasis is a genital infection caused by the organism-*Trichomonas vaginalis*. In Australia, trich is more common in people with vaginas who are older and/ or who are living in remote areas. It is less commonly diagnosed in people with a penis.

How do you get it?

Trichomoniasis can be passed on by having sex without a condom with a person who has trichomoniasis.

What are the symptoms?

Vagina

If you have a vagina, most people have no symptoms. If symptoms occur, they can include:

- frothy yellow-green vaginal discharge
- unpleasant vaginal odour
- itching and burning-vulva-or-vagina, or both

Penis

If you have a penis, most people have no symptoms. If symptoms occur, they can include:

- discharge from the penis

- pain on passing urine

How do you test for it?

If you have a vagina:

- your doctor performs a vaginal examination and takes a swab from the vagina
- the sample is then examined under the microscope in the laboratory

If you have a penis:

- and you have a penile discharge, a swab is taken and examined under the microscope
- if there's no discharge, a urine sample is collected and tested

How is it treated?

Trichomoniasis is treated with antibiotics.-

The medication may cause nausea, so taking it with food reduces side effects.-Alcohol should be avoided for 48 hours after taking antibiotics.

All sexual partners should be treated, even if they have no symptoms.

Are there any complications if not treated?

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

Is it likely to come back after treatment?

To avoid getting reinfected and passing trichomoniasis on to anyone else:

- You should not have any sexual contact until one week after starting treatment. Not even sex with a condom.
- You should not have sex with any partners until one week after they have started treatment.
- If your partner is treated after you, this means no sex until one week after they have started treatment. Otherwise you could be reinfected and would need to be treated again.-

How can I protect myself?

Using a condom during sex is the best way to protect yourself from trichomoniasis.

Let them know

When you've been diagnosed with an STI like this, all of your sexual partners from the last few months should be checked by a doctor.-

It is very important that **all** your sex partners (regular and casual) are checked because if STIs are not treated they may cause serious problems later on.

If you have difficulty telling your partners, you can use [Let Them Know](#) for sample conversations, emails, text messages and letters you can send to your partners either personally or anonymously.

Where can I get help?

- Visit a [sexual health service near you](#)
- Visit your local doctor
- Visit your local community health centre

DISCLAIMER

This fact sheet provides general sexual health information and is not intended to replace the need for a consultation with your doctor.

If you have concerns about your health, you should seek advice from your doctor.

If you require urgent care, you should go to your nearest Emergency Department or call [000](#).