

Fact Sheet: Trichomoniasis

What is trichomoniasis?

Often called “Trich”, trichomoniasis is caused by a protozoan parasite.

What are the symptoms?

- Most men, and many women, have no symptoms.
- Symptoms in women usually appear between 5 and 28 days of exposure.
- Yellow-green vaginal discharge.
- Men may have a discharge from their penis.
- Discomfort while peeing.
- Irritation or itching around the vagina.
- Lower abdominal pain (rare).

How is it spread?

Trichomoniasis is spread during oral, anal or vaginal sex with someone who is infected.

How is it treated?

Medications may be prescribed by a medical provider.

It is very important that you:

- Take all medicines as prescribed even if you start to feel better.
- To prevent reinfection inform all sex partners that you have Trichomoniasis and encourage them to be tested and treated.
- Inform your health care provider if you think that you may be pregnant before taking any medications.
- Stop all sexual activity until treatment is completed.

How is it prevented?

- **Don't have sex.** You cannot give or get a sexually transmitted disease (STD) if there is no contact with the penis, vagina, mouth or anus.
- **Limit your number of sexual partners.** The more people you have sex with, the greater the chance of getting an STD.
- **If you choose to have sex, be prepared.** Have condoms with a water-based lubricant on hand and use a new condom every time you have sex.
- **Have regular exams if you are sexually active.** If you think you have an STD, get tested. Ask your partner(s) to get tested.
- **Remember: a Pap smear is not a test for STDs.** Ask to be tested if you are at risk.
- **Telling your partner.** Tell anyone you have had sex with that they need to be tested.

This fact sheet is for information only and is not meant to be used for self -diagnosis or as a substitute for consultation with a health care provider. For more information call your health care provider or call Washtenaw County Public Health at 734-544-6700.

