



Factsheet: Trichomoniasis

What is Trichomoniasis?

Trichomoniasis (also called Trich) is a curable STI caused by a parasite. It can live in the vagina and male urethra.

How is it transmitted?

- Unprotected vaginal sex (usually from a penis to a vagina, a vagina to a penis, or a vagina to another vagina).
- Sharing sex toys.
- Intimate/close genital contact.

What are the symptoms?

A person can have Trichomoniasis and not have any symptoms. Symptoms are more common in women than men.

Symptoms can include:

- Vaginal discharge that is green/yellow/grey and frothy.
- A bad vaginal smell.
- Itching in or around the vagina/penis.
- Pain during sex.
- Pain when urinating.

[A pregnant woman with Trichomoniasis can have premature or low-weight babies].

The Trichomoniasis Test

This test involves taking a swab from the infected area.

How is it treated?

Trichomoniasis can be treated and cured with specific antibiotics.

Following treatment for Trichomoniasis a person can be re-infected if they are exposed to that STI again.



Prevention

- When sexually active, always use condoms and/or dental dams for vaginal, anal and oral sex.
- Get tested, and treated if required.
- Do not share sex toys, [or if toys are shared, use condoms on the sex toy, change the condom between people, remove it after use, and thoroughly clean the toy before using it again].
- When using fingers or hands for penetration (anally and/or vaginally), use latex gloves or finger cots, particularly if there are visible cuts or broken skin on the hands, and do not share fingers (i.e. do not use fingers on yourself that you have already used on your partner where infected fluids could be passed on).
- Make informed decisions: talk to sexual partner(s) about STI testing and using condoms, and get informed about the risks.
- Mutual monogamy (both partners test for STIs and don't have any, and both partners agree to only have sex with each other, and keep it that way!).

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