

# Trichomoniasis

## PATIENT INFORMATION

### What is trichomoniasis?

Trichomoniasis is a sexually transmitted infection (STI).

### How does someone get trichomoniasis?

Trichomoniasis is passed on by having sex, sexual contact or sex play with another person with trichomoniasis. It can also be passed on by sharing sex toys, e.g. vibrators.

**If you use a condom every time you have sex, you are much less likely to get trichomoniasis.**

### How do I know if have trichomoniasis?

Symptoms may develop after sexual contact with someone else with the infection.

Symptoms include:

#### Females

- Sometimes you may notice a discharge or fluid leaking from the vagina.
- There is sometimes a bad smell or odour in the genital area.
- You may feel itchy or sore in the genitals.
- Many women have no symptoms.

#### Males

- Most men do not have symptoms, however they can still pass trichomoniasis on.
- Some men may have discharge or fluid leaking from the penis and/or pain when passing urine.

### How do I get tested?

- You need to see your doctor, nurse or sexual health clinic for a check-up.
- Women will need a swab test from the vagina.
- Trichomoniasis is difficult to test for in men, so men are usually just treated if they have had sex with someone with trichomoniasis.
- It may be embarrassing, but it is better to get checked than to have untreated trichomoniasis.

### How do I get treated?

A single dose of the right tablets usually cures it. The tablets sometimes make you feel a bit sick, but it helps if you take them with food. Don't drink alcohol for 24 hours after taking the tablets as it will make you feel really sick.

### Important advice

- You should use a condom for 7 days after treatment, so you don't pass the infection on to someone else.
- You need to tell **everyone** you have had sex with in the last 2 months to get treated for trichomoniasis and have a sexual health check.
- Don't have unprotected sex with your partner(s) until 7 days after they have been treated, or you may get trichomoniasis again.

### Important information

- Trichomoniasis is an STI that is **easy to treat**.
- It is more common for **females to show symptoms** than males.
- However, males can still pass it on.
- Women can get tested with a swab from the vagina.
- Men are usually just treated, but should have a sexual health check.
- You need to tell anyone you have had sex with in the last 2 months to get tested and treated.
- You should use condoms or avoid sex for 7 days after you have been treated, so you don't pass the infection on to someone else.

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