

Trichomoniasis (Trich) Fact Sheet

What is Trich?

A very common sexually transmitted infection (STI) that is caused by infection with a protozoan parasite called *Trichomonas vaginalis*. Although symptoms of the disease vary, most women and men who have the parasite cannot tell they are infected.

We do not test for this STI at the Lenawee County Health Department. Contact your healthcare provider if you need to be tested.

How is Trich Spread?

It is passed from an infected person to an uninfected person during sex. In women, the most commonly infected part of the body is the lower genital tract, including the vagina, vulva (exterior of the vagina), or urethra (urine canal). In men, the most commonly infected body part is the inside of the penis (urethra, or urine canal). During sex, the parasite is usually transmitted through vaginal sex. It can also be passed from a vagina to another vagina. It is not common for the parasite to infect other body parts, like the hands, mouth, or anus.

Symptoms of Trich

Symptoms of trich range from mild irritation to severe inflammation. Some people who develop symptoms get them within five to 28 days after being infected, but others do not develop symptoms until much later. Symptoms can come and go.

- Men: may feel itching or irritation inside the penis, burning after urination or ejaculation, or some discharge from the penis.
- Women: may notice itching, burning, redness, or soreness of the genitals, discomfort with urination, or an unusual smell with a thin discharge that can be clear, white, yellowish, or greenish.

Most people with Trich do not have any symptoms. Even without symptoms trich can be passed to partners

Having trich can make it feel unpleasant to have sex. Without treatment, the infection can last for months or even years.

Reducing the Risk

- Abstain from sex
- If you do have sex, use a new condom with a water-based lubricant every time you have sex
- Limit the number of sexual partners
- Have regular exams if you are sexually active
- Do not douche
- Remember: A Pap smear is not a test for STIs

Treating Trich

- Visit your local health care provider
- Finish the medication (a two weeks dose of pills taken by mouth); take the medication exactly as you are told to
- No intercourse until 7 days after treatment is complete. If you choose to have sex, keep in mind that condoms do not completely eliminate the risk of spreading trich
- Make sure all sexual partners in the last 60 days are notified and treated
- Do not share medication
- Do not drink alcohol with this medication if you want to avoid uncomfortable side effects.
- If the infection is not treated, it can lead to complications and increased risk of other STIs, like HIV.
- If you are pregnant, it can cause complications in the pregnancy.

More Information: <https://www.cdc.gov/std/trichomonas/>

