



Trichomoniasis Fact Sheet

(Also called “trich”; sounds like “trick”)

Trichomoniasis (Trik-o-mo-NI-a-sis) is a Sexually Transmitted Disease (STD) caused by the organism *Trichomonas vaginalis*. It infects both men and women, but causes symptoms more often in women

Q: How is “Trich” spread?

A: “Trich” is passed from one person to another during vaginal sex. “Trich” is not spread by oral or anal sex. It may also be spread through sharing douching equipment or sex toys (vibrators or dildos).

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Q: What are the signs and symptoms of “Trich”?

A: WOMEN: Some women have no symptoms, but symptoms may include:

- A yellow-green or gray, bubbly fluid from the vagina that may have an unpleasant smell;
- Itching or burning around the vagina;
- Pain or burning with urination (peeing);
- Pain during sex.

MEN: Most men have no symptoms. Rarely, symptoms may include:

- Discomfort and itching in the penis;
 - Fluid from the penis;
 - Pain or burning with urination (peeing).
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Q: Is “Trich” serious?

A: No, “trich” is not usually serious, but it can be very bothersome and irritating.

- Because “trich” is sexually transmitted, it is important to be tested for other STDs.
- “Trich” may cause a pregnant woman to give birth before the baby is due.
- A person with “trich” has a greater chance of giving or getting HIV.

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Q: How is “Trich” treated?

A: Your doctor or nurse will give you medicine that cures “trich” infection.

- If you have “trich”, your partner(s) must be treated, even if they have no symptoms. If they are not treated, they can give the infection back to you, or infect others.
 - If you are pregnant or think you may be pregnant, be sure to tell your doctor or nurse.
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Q: How do I avoid getting “Trich” ?

- A:**
- Abstinence (not having sex) is the only sure way to avoid infection.
 - Plan Ahead:** Think about protecting yourself. Talk with your sex partner(s) about STDs and the need to protect yourself. Then, you can choose not to have sex (abstinence), or decide to:
 - Use a male condom with each sex partner.
 - Use a female condom when a male condom cannot be used.
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HIV IS ALSO A STD!

When you catch “Trich”, you could also be getting HIV.

Birth control pills or a birth control shot cannot protect you against “Trich” or other STDs.



USING LATEX CONDOMS CORRECTLY EVERY TIME YOU HAVE SEX CAN REDUCE THE CHANCE FOR TRANSMISSION OF “TRICH”, HIV, AND OTHER STDs.

Q: Where can I get more information about STDs and referrals for STD testing?

- A:**
- **Phone:** Talk to a trained operator who can answer your questions and provide information about STD testing. **In English and Español 24 hours/day, 7 days/week:** Toll-free: 1-800-CDC-INFO (1-800-232-4636); TTY for the Deaf and Hard of Hearing: 1-888-232-6348
 - **Internet:** Centers for Disease Control and Prevention: <http://www.cdc.gov/std/>
http://www.cdc.gov/std/healthcomm/fact_sheets.htm

Talk to your own health care provider, or call your county health department by looking for the telephone number in the phone book (white pages) under county government. Ask to speak to someone in the STD clinic or STD program for more information about “Trich”.