

Trichomoniasis

What is it?

Trichomoniasis or Trich, is caused by a parasite. It infects the vagina and the place where wee comes out (urethra). Some people have it for many years without noticing as it doesn't always have symptoms.

How do I know if I have it?

Symptoms include:

- A yellow or green discharge from the vagina
- The discharge may smell unpleasant
- Itching or a burning sensation in the vagina

Other symptoms include:

- Discharge from the penis
- Burning sensation when weeing.

How did I get it?

It is passed on through vaginal sex.

How can I make sure I don't get it?

Use condoms every time you have sex. To make sure you don't get re-infected with trich make sure that your partner(s) are treated and avoid having sex for 7 days after treatment. Have regular STI checks – doing this stops STIs from causing serious health issues. It also helps stop the spread of STIs to others.

How can the nurse/ Doctor tell me if I have it?

A doctor or nurse will do a simple examination of your vagina and will take a swab of the infected area. If there are no symptoms, you can do a swab inside your vagina yourself. If positive partners are tested.

How can I get rid of it?

It is treated with antibiotics. Any sexual partners will need treatment at the same time, even if they have no symptoms. This is so they don't give it back to you or someone else. Avoid sex until you and your sexual partners have been treated.

Without treatment, Trich can last months or even years.

Who do I need to tell and why?

It is important to tell people you have had sex with about Trich. They will need to be tested and treated. Ask your doctor if you aren't sure who you need to tell. They can help you with this and help you contact them.

This fact sheet is just some general information. If you are worried about your health go and see a doctor.

For more information or support visit:

For more information on STIs and safe sex visit the Play Safe website: www.playsafe.health.nsw.gov.au

Sexual Health Info Link is a service that you can call up for information on STIs and sexual health. It's anonymous and non-judgemental. Call: 1800 451 624 or visit <https://www.shil.nsw.gov.au/>

“Let them know” allows you to send an anonymous messages to tell someone you’ve had sex with that they have come into contact with the infection: <http://www.letthemknow.org.au/>