

# Trichomonas

(also called "TRICH")

Trichomonas is a **Sexually Transmitted Disease (STD)** caused by a protozoa. It infects both men and women, but causes more symptoms in women. "Trich" is passed from one person to another during vaginal sex.

## ***How is Trichomonas spread?***

Trichomonas is passed from one person to another during vaginal sex. We do not think that trichomonas can be passed through oral or anal sex. There are no good tests to look for trichomonas in the throat or in the rectum. There are also no good tests to look for trichomonas in men.

## ***How do I know if I have it?***

### **Women:**

- yellow-green or gray, bubbly fluid from the vagina, that may have an unpleasant odor.
- Itching or burning on or around the vagina.
- Pain or burning with urination.
- Vaginal secretions (fluids) are examined under the microscope by a clinician to make the diagnosis.

### **Men:**

- Often men don't have any signs or problems and would not know they are infected.
- May have discomfort and itching in the penis, rarely discharge.
- Rarely, pain or burning with urination.

## ***How do I avoid getting Trichomonas?***

- Plan ahead! Protect yourself!
- If you're thinking of having sex with a new partner:
  1. Talk about STDS
  2. Talk about your wish to have protected, safer sex (male or female condoms) 100% of the time
- Suggest an STD check-up for both of you before having sex.

## **What can I do if I have Trichomonas?**

- Your clinician will give you pills called metronidazole that will cure trichomonas. Your male partner(s) must be treated even though they may not have any symptoms.
- If you may be pregnant, tell your doctor.
- **DO NOT** drink any alcohol for 24 hours before and after taking metronidazole. It can cause nausea and vomiting.
- **Avoid having vaginal sex for one week after you have completed treatment.** If you do have sex use a condom to avoid re-infection.

### **For more information about STD's, consult these websites:**

<http://www.noah-health.org/>

<http://www.ashastd.org/>

<http://www.cdc.gov/std/>

<http://www.dph.sf.ca.us/sfcityclinic/>

<http://www.sfsi.org/>

### **Women's health Resources:**

<http://www.ppgg.org/>

<http://endabuse.org/>

<http://www.4woman.gov/>

### **Teen health Resources:**

<http://www.iwannaknow.org>

<http://kidshealth.org/teen/>

<http://www.teenhealthfx.com/>

**WARNING:** If you contracted trichomonas and you do not know the HIV status of that sexual partner, you should be concerned about your increased risk of HIV. Talk to your clinician.



For a STD check-up or treatment,  
see your doctor, local clinic, or come to:

City Clinic  
356 Seventh Street  
(between Folsom and Harrison)  
San Francisco, CA 94103  
(415)487-5500  
<http://www.dph.sf.ca.us/sfcityclinic/>