



Trichomoniasis

What is trichomoniasis?

Trichomoniasis is a type of vaginitis caused by a parasite called *Trichomonas vaginalis*.

Trichomoniasis is a sexually transmitted infection (STI) that you can get by having sex with a person infected with the parasite.

To find out if you have trichomoniasis, you must be examined by a health professional, such as a doctor, nurse practitioner or nurse, and have lab tests completed.

What are the symptoms?

Symptoms include thin, frothy or foamy fluid or discharge that can be, off-white, yellow, or greenish-yellow in colour. The vagina may become sore and itchy, and pain may be noticed during sexual intercourse or when going to the bathroom to urinate.

Men often do not show any symptoms, however, they may have a slight burning feeling while passing urine.

How is trichomoniasis treated?

Trichomoniasis is treated with antibiotic pills. The person(s) you have sex with should also be treated even if they have no symptoms.

You should not have sex until after you and your partner(s) have finished taking all the medication.

Should I be tested for other sexually transmitted infections?

If you have different sexual partners, or if your partner has different partners, you should also be tested for other sexually transmitted infections (STIs), including gonorrhea, chlamydia, syphilis and HIV virus linked to AIDS. You should also consider getting vaccine shots to prevent hepatitis B

infection. The more sexual partners you have, the higher your risk of getting a STI.

Women with trichomoniasis are more likely to get an HIV infection if they have sex without a condom with someone who has HIV.

You should have STI testing every time you have a new sexual partner or if your partner has other partners.

Birth control pills

Birth control pills may not work very well when you are taking some antibiotics. Keep taking your birth control pills while taking other medication, and speak with your health professional if you have any questions. Use a second form of birth control, such as a condom, until your next period after completing the antibiotics.

Ways to reduce your risk of getting a sexually transmitted infection

- The more partners you have, the more likely you are to be exposed to a sexually transmitted infection.
- To help protect yourself and your partner(s) from a sexually transmitted infection (STI), use a condom during any vaginal, oral, or anal sex.
- Latex and polyurethane male and female condoms help prevent the spread of many sexually transmitted infections including HIV.
- A new condom must be used each time you have sex.
- If a condom breaks, a pregnancy or sexually transmitted infection may occur. If a condom breaks during sex and you are concerned, talk to your health care provider.
- Use only water-based lubricants with male latex condoms. Oil-based lubricants, such as

petroleum jelly, lotion or baby oil, can weaken and destroy latex.

- Store latex condoms at room temperature (not too hot and not too cold) and check the expiry date on the condom package.
- Spermicides containing nonoxynol-9 (N-9) may increase the risk of infection/transmission of HIV and other sexually transmitted infections, and it is not recommended to prevent HIV or these infections.

For more information, see HealthLink BC File [#08o Condoms Help Prevent Sexually Transmitted Infections \(STIs\)](#).



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