

What is Trich?

Trichomoniasis (trick-oh-mon-eye-a-sis), or Trich for short, is an infection caused by a protozoan, which is a one-celled animal (think science class).

It is a common cause of vaginal infections in women, and urethral (penile) infections in men. Up to five million Americans are infected with Trich every year.

Being infected with Trich can weaken your immune system, and also make it easier to get other infections, like HIV because it can cause vaginal irritation.

How is it spread?

Trichomoniasis is most commonly a sexually transmitted infection, but it can be spread by:

- Vaginal or anal sex.
- Taking a bath with an infected person.
- Sharing a towel with an infected person.
- Hot tubs that aren't sterilized well enough.

What are the symptoms of Trich?

Women and men often have no symptoms.

When women have them they are:

- Large amounts of greenish discharge with a foul odor.
- Itching in and around the vagina.
- Spotting between periods.
- Abdominal pain.
- Urinating (peeing) more often than usual, often with pain and burning.
- Painful intercourse.

- Symptoms may get worse after a menstrual period.

Men very rarely have symptoms at all, but when they do they may include:

- Unusual discharge from the penis.
- Painful urination.
- Tingling inside the penis.

It can take from 3 to 28 days for symptoms to develop.

If left untreated Trichomoniasis has been associated with premature births. We continue to learn more about Trich and its long-term consequences as research progresses.

Testing

A health care provider can look at any abnormal discharge under a microscope but it is sometimes hard to find.



How is it treated?

At the Annex we have medications to treat Trichomoniasis. They are taken by mouth. Trich is totally curable, but you must treat your sexual partner and abstain while you both are being treated to avoid getting it again.

Prevention

Since so few people have symptoms of Trichomoniasis, it can be hard to know if you or a partner is infected. It only takes having unprotected sex once to get Trich.

- Not having sex will greatly reduce your chances of becoming infected with Trich or any other sexually transmitted infections (STI's).
- Using a condom EVERY TIME YOU HAVE SEX helps to prevent STI's.
- Reducing the number of people you have sex with, knowing your partner(s) and talking to partners about STI's BEFORE you have sex all do a great deal to prevent the spread of STI's.
- Getting yourself (and your partner) tested regularly will help you get treated early if you do get infected.
- Steer clear of sharing towels or showers.
- Stay out of the hot tub unless it's your own and you know it's been sterilized well.

If you think you might have Trich or have been diagnosed with Trichomoniasis:

- Come in for testing and treatment as soon as possible.
- Take all of the medication given to you. The infection may return if you don't.
- Tell your sexual partner(s); he or she must be treated even if they don't have symptoms. You can pass the infection back and forth if you are not both treated at the same time.
- Don't have sex during treatment or for one week afterwards. The infection is very easy to pass back and forth during this time. If you don't abstain use condoms every single time you have sex.



Call the Annex for an appointment or more information (763) 533-1316

You can also call the MN Family Planning and STI Hotline at 1-800-78-FACTS or the nationwide STI information line at 1-800-227-8922.

Treatment of Trichomoniasis
We need to know if you are allergic to any medications because you may not be able to safely take the drug we prescribe if you are.

You have been given:

___ **4 Metronidazole tablets.** Take all 4 at once with food.

___ **14 Metronidazole tablets.** Take 1 in the morning and 1 in the evening with food for a week.

___ **Metronidazole vaginal cream.** Insert 1 applicator full in the vagina at bedtime for 5 days. Wear a pad because the medicine may leak out of the vagina.

*** It is important that you finish all the medication given to you.**

Side effects of Oral Metronidazole

A metallic taste in your mouth, nausea, headache, abdominal cramping and darkened urine. Call if you have concerns or if your symptoms do not go away.

Do not take Metronidazole if:

- You have had a reaction to this drug or nitroimidazoles.
- You are taking Antabuse.
- You are pregnant or breastfeeding.

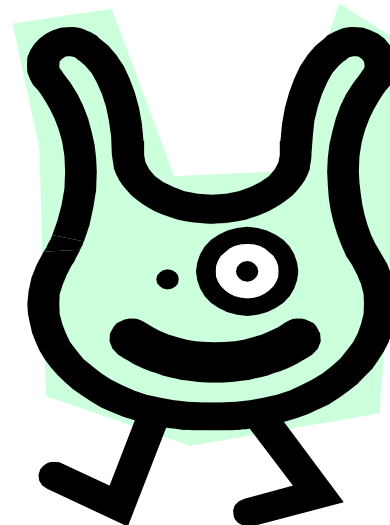
DO NOT DRINK ALCOHOL FOR 24 HOURS BEFORE, DURING OR AFTER THE TREATMENT.

Call 911 if you develop difficulty breathing, have hives or get numb hands or feet.

TRICHOMONIASIS

Also known as

TRICH



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