

**Colorado State University-Pueblo**  
**SHS**  
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**Patient Information on Trichomoniasis aka “Trich”**

**Definition:** Trichomoniasis is a parasitic infection occurring in the female vagina, urethra or the male urethra or prostate. The infection can be transmitted sexually. However, women who are not sexually active have been treated for this infection. The formal name for Trichomoniasis is T. Vaginalis. While Trichomoniasis is usually passed through sexual contact, it may be picked up from contact with damp/moist objects such as towels, wet clothing, or a toilet seat.

**Signs and Symptoms:**

1. Appear 5-30 days after contact

**Females**

1. Odorous, greenish-yellow, frothy vaginal discharge (often with a strong fishy odor)
2. Painful intercourse and urination
3. Discomfort when inserting a tampon
4. Itchiness, redness, and irritation of the vulva and upper thigh
5. Pap smear may be abnormal
6. Many patient's do not have any symptoms and are unknowingly passing “Trich” to their current partner

**Male**

1. Mild itch or discomfort in penis
2. Moisture at tip of penis disappearing spontaneously
3. Slight early morning discharge from penis before first urination

If symptoms go untreated in the female or male patient Trichomoniasis can progress to infection of the neighboring urinary and reproductive systems.

**Diagnosis**

**Female**

1. The female patient will require a vaginal examination to check for trichomoniasis and to rule out yeast infection or bacterial vaginosis (which have similar signs and symptoms). A culture of the vaginal discharge will be collected and analyzed.
2. Blood test to rule out syphilis and HIV (having trichomoniasis also increases a person's chance of getting HIV and syphilis because the vaginal and cervical tissue is red, irritated, and may have microscopic tears)

**Males**

1. Examination for gonorrhea or urinary tract infection. A culture should be collected via urethral (where the pee comes out) for culture.
2. Blood test to rule out syphilis and HIV

**Treatment**

There are two different medications that can be used to treat trichomoniasis, metronidazole (Flagyl) or Tinidazole. They are both given orally and it is a onetime dose of 2 gms. Your PCP may decide not to give that big of a dose and will give metronidazole 500mg twice a day for 7 days. Patients should not

consume alcohol during treatment with metronidazole or Tinidazole. Abstinence of alcohol use should continue 24 hours after medication is completed.

### **Prevention**

#### **Trichomoniasis can be prevented by the following:**

1. Don't have sex-the best way to prevent any STD is to abstain from vaginal, oral, or anal sex
2. Be Faithful-have a monogamous relationship where you both have been tested and are free of all STD's. Have sex with each other and no one else
3. Use Condoms-protect yourself every time you have sex by wearing or insisting that your partner wear a latex condom (girls it is OK to tell your partner to wear a condom. For oral sex, use a dental dam. A dental dam is a rubbery type of material that can be placed over the vulva and perineum
4. Don't share swimsuits, underwear, or towels-the trichomoniasis parasite can live outside the body for up to 45 minutes
5. Talk honestly and openly with your partner about STD's

#### **For more information:**

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