

Patient Information:**TRICHOMONIASIS**
Questions and Answers

What is Trichomoniasis?

Trichomonas vaginalis is a microscopic parasite that is most often sexually transmitted. It is not a fungus or bacteria but the symptoms may resemble those of fungal or bacterial infections. Trichomoniasis may inhabit the male or female reproductive systems. Only 60% of females and 20% of males show symptoms

How does someone get Trichomoniasis?

Trichomoniasis is usually transmitted by having sex with an infected person. The risk factors for Trichomoniasis include engaging in sex without using a latex condom, having sex with more than one partner and/or having sex with someone who has had multiple partners.

Trichomoniasis may be transmitted by non-sexual contact also. The parasite can live for several hours in a moist environment so it is possibly but less frequently transmitted from wet towels, public baths or Jacuzzis, etc.

How can Trichomoniasis be prevented?

- ◆ Use latex condoms anytime there is genital to genital contact.
- ◆ Get to know your sexual partner before having sex with them.
- ◆ Limit the total number of sexual partners.

What are the symptoms of Trichomoniasis?

Women:

- ◆ Yellow-green vaginal discharge in large amounts
- ◆ Unpleasant vaginal odor
- ◆ Vaginal itching or irritation
- ◆ Burning with urination

Males:

- ◆ Discharge from the penis
- ◆ Burning with urination
- ◆ Rarely painful testicles

How is Trichomoniasis diagnosed?

It occasionally is diagnosed with a Pap Test but is more commonly diagnosed by obtaining a sample of the discharge from the vagina or the penis with a Q-tip. The sample is then evaluated under a microscope for the microscopic organisms or it may be cultured to see if the parasite is present.

What is the treatment for Trichomoniasis?

Trichomoniasis is easily treated and cured with antibiotics. Sexual partners should be treated in order to prevent re-infection. Individuals should not have sex until the prescribed treatment is completed for all partners.

Can a Trichomoniasis infection lead to other health problems?

Usually, Trichomoniasis is easily treated without complications. Recurrent infections may occur from not taking the medication correctly, from re-infection or less frequently from a resistant strain of the parasite.