

Trichomoniasis

What is trichomoniasis?

Trichomoniasis or **trich** is an STI (sexually transmitted infection) that a person can get through oral, vaginal, or anal sex. You can also get trich from genital to genital touching.

How would I know if I have trich?

Most people do not have any signs of trich. Getting tested is the only way to know if you have trich.

If you do have signs of trich:

women may have:

- discharge that smells bad or feels different
- light bleeding
- itching inside or around the vagina
- the need to pee often
- pain or burning while peeing

men may have:

- discharge
- the need to pee often
- pain or burning while peeing

What are the risks of having trich?

- Having trich can raise your chances of getting HIV and other STIs.
- Pregnant women who have trich may have their babies too early.

What's the treatment for trich?

You can take medicine to get rid of trich. **Both you and your partner must take the medicine.** If your partner doesn't take medicine, you may get trich again.

While you take the medicine:

- take all of the medicine even if you start feeling better
- do not have sex
- do not drink alcohol

After you take the medicine:

- get tested after 3 months
- always use condoms



Protect yourself and your partners from trich.

Get tested.

- **Women:** your provider will use a swab to take a sample from your vagina. They will test this sample to see if there is trich.
- **Men:** your provider will use a swab to take a sample from your urethra. They will test this sample to see if there is trich.

Use condoms.

- Condoms help protect you from trich and other infections that are passed through sex.

Outside condoms.

These go on the penis.

Use them for oral, vaginal, and anal sex.



Inside condoms.

These go inside the vagina or anus (butt).

Use them for vaginal and anal sex.



Dental dams.

These go over the vagina or anus.

Use them for oral sex.



Source: Bedsider.com

To learn more about trich, talk to your CHN health educator or doctor!