



HOW IS TRICHOMONIASIS TREATED?

Trich is the most common curable STD. A healthcare provider can treat the infection with medication (pills) taken by mouth. This treatment is also safe for pregnant people.

It is important to not have sex (even with a condom) for 7 days after the start of your treatment. If you do have sex during this time, you could pass Trichomoniasis to your sexual partner or get it again. To avoid reinfection, your sex partners should receive treatment at the same time.

You should not have sex again until you and your sex partner(s) complete treatment. You should receive testing again about three months after your treatment, even if your sex partner(s) received treatment.



For more information or for testing information, please call or visit your local community health centre or health care provider.

To contact NITHA:

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**NORTHERN INTER-TRIBAL
HEALTH AUTHORITY**

TRICHOMONIASIS

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WHAT IS TRICHOMONIASIS?

Trichomoniasis, sometimes called “trich” (pronounced “trick”) is a common sexually transmitted infection caused by a parasite – not bacteria or a virus, like many other STIs.

The parasite is a single-celled organism called *Trichomonas vaginalis*.

SIGNS AND SYMPTOMS

Although symptoms vary, most people who have trich cannot tell they have it. If symptoms do occur, they usually appear within one week after the infection, but can take up to six months.

Women with trich may notice:

- Itching, burning, redness or soreness of the genitals;
- Discomfort when peeing; and
- A clear, white, yellowish, or greenish vaginal discharge (i.e., thin discharge or increased volume) with a fishy smell.

Men with trich may notice:

- Itching or irritation inside the penis;
- Burning after peeing or ejaculating; and
- Discharge from the penis.

Having trich can make sex feel unpleasant. Without treatment, the infection can last for months or even years.

HOW CAN YOU GET TRICHOMONIASIS?

Trichomoniasis is most often spread through unprotected vaginal intercourse (penis to vagina, vagina to penis or vagina to vagina) with an infected partner. Rarely it can be passed through unprotected anal or oral sex.

People with trich can pass the infection to others, even if they do not have symptoms.

Unlike many organisms that cause STIs, it can actually survive a short time outside the body. It can live in places like damp towels. The Public Health Agency of Canada says it’s rare to get an infection without sexual contact.

WHO IS AT GREATEST RISK?

- People who engage with a new or anonymous sexual partner, and those who engage in unprotected sex with multiple partners.
- Those who have sex with a person with an STI.
- Those who have had a previous history of STIs.
- Trich can increase the risk of getting or spreading other sexually transmitted infections. For example, trich can cause genital inflammation, making it easier to get HIV, or pass it to a sex partner.



HOW IS TRICHOMONIASIS PREVENTED?

Using a condom and getting regular STI testing is the best way to prevent and detect the infection, especially if you have new sexual partners or open relationships.

Being in a long-term mutually monogamous relationship with a partner who has been tested and does not have trich.

If you are sexually active, have an honest and open talk with your healthcare provider. Ask them if you should get tested for trich or other STDs.

