

# Trichomoniasis Information Guide:

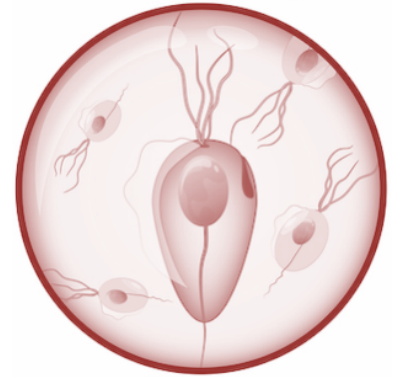
## Symptoms, treatment, and resources

### 1. What is Trichomoniasis?

Trichomoniasis, also called “Trich”, is a very common sexually transmitted infection (STI). You can get it in your vagina or penis. Most people with Trich don’t have any signs or symptoms. When people have symptoms, they can be mild at first. They can show up 5 to 28 days after having sex with someone who has Trich. However, sometimes symptoms can show up much later (months).

You may have of these symptoms:

- Pain or burning when you urinate (pee)
- Discharge from the vagina or penis that smells or looks strange
- Pain during sex
- Itching, burning, redness or soreness around the vagina
- Itching or irritation inside the penis



### 2. Is Trich a serious disease?

Yes. You must see a doctor if you think you have Trich.

If you don’t get treated, you can:

- Pass Trich to people you have sex with.
- Get other diseases, like HIV more easily.
- Have painful sex.
- Give birth to your baby too early.
- Give birth to a baby with low birth weight
- Have Trich for months or years.

### 3. How does Trich spread?

You can get Trich by having vaginal or anal sex with someone who has it. Most people don’t know they have it because they don’t have symptoms. You can’t tell if someone has it by looking at them. Getting tested is the only way to find out if you have Trich.

### 4. What do I do if I have Trich?

Follow these 3 important steps to cure Trich:

1. Take all of the medicine the doctor or nurse gives you. Don’t share your medicine with anyone else unless instructed by the doctor or nurse.
2. Make sure your sex partner(s) from the past 2 months get medicine for Trich as soon as possible.
3. Don’t have sex until 7 days after both you and your sex partner(s) finish the medicine. If you have sex before 7 days, use a condom.

**If you don’t follow all of these steps, you can get Trich again, and it can be worse.**

## **5. What should I know about my treatment?**

Don't have sex until 7 days after you and your sex partner(s) finish the medicine. You have been given the medicine checked below:

- Metronidazole:** Take all of this medicine the way the doctor or nurse tells you to.
  - Wait at least 24 hours after taking this medicine before drinking alcohol. If you don't, it could make you very sick.
  - Don't take antacids (like Zantac or Pepcid) for 1 hour before and 2 hours after you take the medicine.

And, you may also be given the treatment listed above to give to your sexual partner(s).

## **6. What are the possible side effects of treatment?**

Call 911 right away if you are wheezing or having trouble breathing. Call the clinic if you are non-stop vomiting (throwing up), fever, lower belly pain, skin rash or bumps, pain with sex, or pain or swelling in your testicles.

## **7. Does my sexual partner(s) need to get treatment too?**

Yes. There are many ways to make sure your sex partner(s) get medicine for Trich:

- Bring your partner into the clinic with you when you come in for treatment.
- Ask the doctor or nurse for extra medicine to take to your partner(s).
- Ask your partner(s) to go to their own doctor to get medicine.
- Visit [www.tellyourpartner.org](http://www.tellyourpartner.org) to send an anonymous text telling your partner(s) they may have Trich.

## **8. What if I'm pregnant and have Trich?**

It's okay for pregnant women to take this medicine. Tell the doctor you're seeing for your pregnancy that you tested positive for Trich. If you're keeping the pregnancy, you'll need to get tested again in 3 to 4 weeks to make sure you've been cured of Trich. If you don't get treated, your baby may come too early and may have a low birth weight.

## **9. Can I get Trich more than once?**

Yes. Having Trich once won't prevent you from getting it again. Getting infected with Trich again can cause other infections and be a lot more harmful to your body.

You can get it again if you:

- Have sex with someone who didn't get treated.
- Have sex too soon after you and your sex partner(s) finish the medicine.
- Have sex with a new partner who has Trich.

Return to the clinic if your symptoms don't go away within a few days. Use a condom every time you have sex, so you don't get it again.

**If you had Trich, you should get tested again in 3 months.**

**Call the STD Hotline for resources  
and information on low cost testing  
and condoms: 800-758-0880**