

# Trichomonas

(also called "TRICH")

Trichomonas is a **Sexually Transmitted Infection (STI)** caused by protozoa. It infects both men and women, but causes more symptoms in women. "Trich" is passed from one person to another during vaginal sex.

## **How is Trichomonas spread?**

Trichomonas is passed from one person to another during vaginal sex. We do not think that trichomonas can be passed through oral sex.

## **How do I know if I have it?**

### **Women:**

- Yellow-green or gray, bubbly fluid from the vagina, that may have an unpleasant odor.
- Itching or burning on or around the vagina.
- Pain or burning with urination.
- Vaginal secretions (fluids) are examined under the microscope by a clinician to make the diagnosis.

### **Men:**

- Often men don't have any signs or problems and would not know they are infected.
- May have discomfort and itching in the penis, rarely discharge.
- Rarely, pain or burning with urination.

## **How do I avoid getting Trichomonas?**

- Plan ahead! Protect yourself!
- If you're thinking of having sex with a new partner:
  1. Talk about STDs.
  2. Talk about having safer sex by using male or female condoms.
- Suggest an STD check-up for both of you before having sex.

## **What can I do if I have Trichomonas?**

- Your clinician will give you pills called metronidazole that will cure trichomonas. Your male partner(s) must be treated even though they may not have any symptoms.
- If you may be pregnant, tell your doctor.
- **DO NOT** drink any alcohol for 24 hours before and after taking metronidazole. It can cause nausea and vomiting.
- **Avoid having vaginal sex for one week after you have completed treatment.** If you do have sex, use a condom to avoid re-infection.

**For more information:**

Please talk with your City Clinic clinician or your own health care provider. The following websites also offer helpful information:

**General STD**

[www.ashasexualhealth.org](http://www.ashasexualhealth.org) (also in Espanol)  
[www.cdc.gov/std/](http://www.cdc.gov/std/)  
[www.sfcityclinic.org](http://www.sfcityclinic.org)  
[www.sfsi.org/www.scarleteen.com](http://www.sfsi.org/www.scarleteen.com)

**Teens**

[www.iwannaknow.org](http://www.iwannaknow.org)  
[www.amplifyyourvoice.org](http://www.amplifyyourvoice.org) (also in Espanol)  
[www.kidshealth.org/teen](http://www.kidshealth.org/teen) (also in Espanol)

**Contraception and STD/sex info**

[www.bedsider.org](http://www.bedsider.org)

For a STD check-up or treatment,  
see your doctor, local clinic, or come to:



City Clinic  
356 7th Street  
(between Folsom and Harrison)  
San Francisco, CA 94103  
(415) 487-5500  
[www.sfcityclinic.org](http://www.sfcityclinic.org)