

# Trichomonas

(also called "TRICH")

Trichomonas is a sexually transmitted infection (STI) caused by protozoa. It infects people of all genders, but causes more symptoms in a person with a vagina.

## ***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 or anal sex.

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

### **Vaginal symptoms:**

- 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.
- We can also send a sample of urine or a vaginal swab to diagnose the infection.

### **Symptoms in penis:**

- Often people with penises do not have any symptoms 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.
- We can send a sample of the urine to the lab to check for the infection. We usually do this when your partner has trichomonas.

If you're thinking of having sex with a new partner:

- Condoms are effective in reducing the risk of infection.
- Do not have sex if you or a sexual partner has symptoms of an STI, including discharge, burning with urination, rash, or genital sores.

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

- Your clinician will give you an antibiotic called metronidazole that will cure trichomonas. Partners with a penis should be treated even though they may not have any symptoms.
- If you may be pregnant, tell your doctor.
- Avoid having vaginal sex for one full week after you start 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

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helpful information:

**General STI**

[www.ashasexualhealth.org](http://www.ashasexualhealth.org) (also in Español)

[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.kidshealth.org/teen](http://www.kidshealth.org/teen) (also in Español)

**Contraception and STI/sex info**

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

For a STI check-up or treatment,  
see your health care provider, local clinic, or come to:



A landmark in prevention

City Clinic  
356 7th Street  
(between Folsom and Harrison)  
San Francisco, CA 94103  
(628) 217-6600  
[www.sfcityclinic.org](http://www.sfcityclinic.org)