



## Trichomoniasis is sexually transmitted

Trichomoniasis is caused by the organism *Trichomonas vaginalis*. It is transmitted through sexual contact with an infected person. There are usually no symptoms of infection.

When women do have symptoms, they may include:

- A yellowy green, 'frothy' discharge
- An unpleasant odour
- Vaginal or vulval itching.

Men usually do not develop symptoms but they may be the carriers of the infection. Some men may have discomfort during urination.

### Antibiotics are used to treat trichomoniasis

If you develop trichomoniasis, you will be treated with one of the following antibiotics:

- **Metronidazole (Flagyl)** – taken as a single dose or twice a day for five days.
- **Tinidazole (Fasigyn)** – taken as a single dose.

Avoid drinking alcohol during treatment.

### What you should know about metronidazole

Metronidazole may cause:

- Side effects, such as nausea or an upset stomach. These can be reduced by taking the tablets after meals.
- An unpleasant taste in your mouth. This will disappear soon after the treatment is completed.

Partners must be treated; however, men do not need to be tested as it is difficult to diagnose in men.

### No sex until the infection is cured

Regular sexual partners should be tested and treated to prevent reinfection. You should not have unprotected sex until therapy is completed in both yourself and your partners, and symptoms have resolved.

### Recurrences can occur

Occasionally, trichomoniasis may recur after the initial infection has been treated.

### Where to get help

- Your doctor.
- Melbourne Sexual Health Centre Tel. (03) 9347 0244 or 1800 032 017; TTY (03) 9347 8619.

### Things to remember

- Trichomoniasis is a sexually transmitted infection.
- It may cause a yellowy green, 'frothy' discharge often accompanied by an unpleasant odour and vaginal or vulval itching.
- The infection can be treated with antibiotics.
- You should avoid sex until the infection is cured.

This page has been produced in consultation with, and approved by the Melbourne Sexual Health Centre. The Better Health Channel is part of the Department of Human Services, Victoria