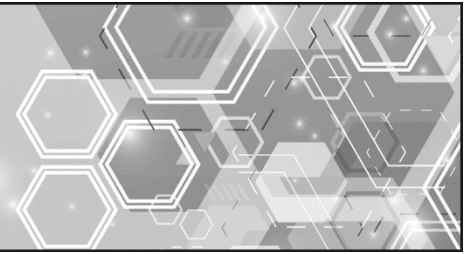




Durham Region Health Department **Facts about...**



Trichomoniasis

What is it?

Trichomoniasis, sometimes called “trich” for short, is a common sexually transmitted infection (STI) caused by a parasite. Anyone sexually active can get it. Trichomoniasis can lead to complications if untreated, such as causing early rupture of membranes when pregnant. The baby may be born too early and have a low birth weight.

How is it spread?

Trichomoniasis is spread by having unprotected sex with a person who has it. A common myth is that it can be spread on toilet seats.

What do I look for?

Most people with trich have no symptoms.

In people with vaginas, symptoms may include the following: an increase in vaginal discharge, changes to the colour of discharge (white, clear, yellow, or green), vaginal odour, vaginal redness, or itching, burning with sex or after urinating.

In people with penises, symptoms may include unusual discharge from the penis, itchiness, or an abnormal feeling inside the penis, and burning after urinating or ejaculating.

How is it treated?

Trichomoniasis is treated with medication prescribed by your health care provider, usually metronidazole. It is important to follow the instructions and finish all of the medication, or the infection may not go away. Your sex partner(s) should be treated at the same time you are being treated. This increases the cure rate and lowers the chance of further spread or being infected again.

What are the effects on breastfeeding?

Oral metronidazole is distributed in breast milk. Breastfeeding individuals receiving 2 grams of metronidazole as one-time dose should be advised to consider stopping or to express and discard their milk for 12-24 hours following treatment. There have been no reports of significant adverse effects on breastfed infants of mothers who took metronidazole in a single dose.

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If you require this information in an accessible format, contact 1-800-841-2729.



How can I protect myself?

- Practice safe sex and always use a condom with lubricant when having oral, vaginal, or anal sex.
- Talk with a new sex partner about having testing for STIs.
- If you have trichomoniasis, tell every partner you have recently had sex with that they may be infected and should be tested and treated.
- Take pills as directed until finished and avoid sex for 1 week after you and your partner(s) have finished the pills.
- Avoid drinking alcohol or any products containing propylene glycol during, and for 3 days after pills are finished. A possible serious “Antabuse” reaction including flushing, fast heartbeat, nausea, thirst, chest pain, dizziness, and low blood pressure can occur.

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