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**YOUR  
HEALTH.  
YOUR  
CHOICE.**

# Trichomoniasis

Talk to your partner(s) about sexually transmitted infections (STIs) and your health before you have sex. You can pass on an STI without knowing you have one. During sex, you can use latex condoms to lower your chances of getting STIs.

## **What is trichomoniasis?**

Trichomoniasis is an infection. It is caused by a parasite. Trichomoniasis is usually sexually transmitted from one person to another. It has to be treated.

## **How do you get trichomoniasis?**

You can get trichomoniasis if you have vaginal sex with a person who already has the infection. The parasite can live on wet objects for a few hours, so it can also be passed on through infected towels, washcloths, toilet seats, and saunas.

## **How can you tell if you have trichomoniasis?**

### **If you have trichomoniasis, you might notice**

#### **Women**

- \* Discharge from your vagina that is green or yellow.
- \* Discharge from your vagina that smells like fish, especially after sex.
- \* Itching, red, or sore vagina.
- \* Pain when you urinate.
- \* Pain when you have vaginal intercourse.
- \* You may not have symptoms but still have the infection.

#### **Men**

- \* A small amount of clear discharge from your penis.
- \* Burning or itching around the opening of your penis.
- \* Burning feeling in your penis after having sex.
- \* Pain when you urinate.
- \* You may not have symptoms but still have the infection.

**It is important to use condoms or a latex barrier with sexual partners to decrease the risk of getting a sexually transmitted infection.**

### **How do you get tested for trichomoniasis?**

A clinician can often tell if you have trichomoniasis by looking at the discharge from the vagina or penis. The clinician might also take a swab of the discharge. In women, trichomoniasis can sometimes be found on a pap smear.

### **How is trichomoniasis treated?**

Trichomoniasis is treated with one dose of a drug called Flagyl. A clinician prescribes it. You should tell your sexual partner(s) that you have trichomoniasis. They need to get treated too.

### **Do you need a follow up test?**

No, You don't need a test of cure.

### **How do you know the infection is gone?**

Once you and your partner are treated, you should be cured. If symptoms persist, follow up with your clinician.

### **If you need further information or would like to book an appointment, call:**

Planned Parenthood Toronto Health Services for youth ages 13 to 29. 416-927-7171. Health Services offers same-day, scheduled and drop-in appointments. For more information visit [www.ppt.on.ca](http://www.ppt.on.ca).

Women's Programming at the Bay Centre for Birth Control for women of all ages at 416-351-3700.

Youth can also access information about sexual health by calling the Teen Sex InfoLine at 416-961-3200 or chat live using MSN messenger at [spiderbytes@hotmail.com](mailto:spiderbytes@hotmail.com) from 4 p.m. to 9 p.m. Monday to Wednesday and 12 noon to 6 p.m. Saturday and Sunday. You can also email us a question anytime at [askus@spiderbytes.ca](mailto:askus@spiderbytes.ca) or visit [www.spiderbytes.ca](http://www.spiderbytes.ca).