

How can I find out if I have Trichomonas?

Just having a physical examination by a doctor or clinic without a special test for may not be the best method of diagnosis. Your doctor or nurse might perform one of the following tests:

- ✓ **Rapid Test:** Does not require a live organism, results in 10 minutes
- ✓ **Wet Mount:** (Examine discharge under a microscope) Fast but less sensitive; some infections could be missed

Note: None of the tests described above are 100% accurate.

You may want to be checked for trich 3 to 4 weeks after having intercourse with a new sex partner. **Since trich infections may have no symptoms, it is a good idea for any woman who has ever been sexually active to be checked at least once.**

TREATMENT

Trichomonas infections are most often treated with metronidazole (also called Flagyl®), which are pills taken by mouth*. If you have a trich infection, it is very likely that your partner(s) have it too. If they have trich and are not treated, you could get the infection from them again. Do not have sex with your partner(s) until after both of you have been treated.

* CDC STD Treatment Guidelines, 2010

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31 New York Avenue
Framingham, MA 01701-9322
Phone: 800 332 1042
Fax: 800 762 6311
www.sekisuidiagnostics.com

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Trichomonas

A COMMON SEXUALLY TRANSMITTED INFECTION

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What is Trichomonas?

Trichomonas (“trick-oh-moe-nas”), often called “trich” for short, is one of the most common sexually transmitted diseases in the world. It is caused by a tiny parasite called *Trichomonas vaginalis*.

CAUSES

Both men and women can get trich, but the infection is recognized more often in women. Trich infections almost always result from having sex with someone who has the disease. If you are infected with trich, you can pass it on to your sex partner, even if you do not have symptoms. This infection is most common in:

- ✓ Sexually active teenagers and young adults
- ✓ People engaging in unprotected sex
- ✓ People with more than one sex partner
- ✓ Sex partners of people who have this disease

About 20% of all women will get a trichomonas infection at some time during their reproductive years.

WHEN SHOULD I GET TESTED?

- ✓ If you have symptoms
- ✓ If you are pregnant or preparing for pregnancy
- ✓ If you are sexually active
- ✓ If you are having a gynecological surgery

Get the Facts

Each year, between 2 million and 8 million men and women in the U.S. get trichomonas.

SYMPTOMS FOR WOMEN

Not all women develop symptoms and in fact 50-95% of women with Trichomonas show no signs of the infection. Symptoms, when present, usually develop between 4 and 28 days after sexual contact with an infected person. The symptoms in women include:

- ✓ A foul smelling, greenish-yellow vaginal discharge that may be watery or frothy
- ✓ Vaginal itching, burning, irritation, or redness
- ✓ Pain during sexual intercourse

Other symptoms can include lower abdominal discomfort, pain or burning when urinating, or a feeling that they have to urinate often.

SYMPTOMS FOR MEN

Men with trich **USUALLY DO NOT** have symptoms. When symptoms are present, men may experience discharge from the penis and a burning sensation with urination.

PREVENTION

Trich is passed from one person to another through sexual contact. The following steps can reduce the risk of getting trich:

- ✓ Use a condom (rubber) properly every time you have sexual intercourse, and with every partner



HEALTH CONSEQUENCES

- ✓ Pregnancy complications
- ✓ Preterm birth, low birth weight
- ✓ Increased risk of HIV infection
- ✓ Risk of other STDs
- ✓ Pelvic Inflammatory Disease (PID)
- ✓ Post operative infections

- ✓ Ask potential partners to be checked for trich and other infections **BEFORE** having sex
- ✓ If you have had a trich infection, make sure your partner(s) are treated, too, so you won't get reinfected from them.