

Trichomoniasis

What You Need to Know

What is Trichomoniasis?

Trichomoniasis (trich) is a common type of vaginitis. It is an infection of the vagina. There are many kinds of vaginitis.

It is normal for a woman to have some clear or white discharge from her vagina. When she has an infection, this discharge changes. There may be more of it, or it may have a different color or smell.

If you have trich, you may have these signs:

- A very smelly, yellow-green, foamy discharge
- Itching in your vagina
- Burning pain when you urinate

How did I get it?

You got trich by having sex with someone who had it. You or your sexual partner(s) may have had trich for a long time without knowing it. You can't tell by looking at a person if they have trich. The only way to know you have this infection is to be tested by a health care provider.

Most men do not have symptoms. If they do, the symptoms may go away in a few weeks. But, they can still pass trich to their female partners.

What should I do?

Get treated.

Your Family PACT provider will give you pills that will cure the infection.

If you think you may be pregnant, tell your provider before you start your treatment.

Follow all of your Family PACT provider's instructions.

- Both you and your sexual partner(s) must get treated at the same time. Ask your Family PACT provider how you can get your partner treated.
- Take all of the pills, even if the symptoms go away.
- Do not have sex while you are being treated.
- Your Family PACT provider may ask you to come back to the clinic for a follow-up visit.
- Your Family PACT provider may also want to test you for other sexually transmitted diseases (STDs). You can have more than one STD at a time. And, you can get trich more than once.

Why should I get treated?

It is important to get treated for trich. If you don't:

- You can pass it to other sexual partners.
- You may be unable to get pregnant later on.
- Having trich makes it easier for you to get HIV (the virus that causes AIDS).

If you are pregnant, your baby may be born too soon or too small.

Protect yourself!

- **Do not have sex with anyone** until you and your sexual partner(s) are treated.
- **Keep clean, but don't clean inside your vagina with a douche.** The vagina keeps itself clean on its own. Douching can wash away what the vagina needs to keep healthy.
- **Always use a male or female condom when you have sex.** This can help keep you from getting vaginitis and other kinds of infections.
- **Ask your Family PACT provider about getting an HIV test.**
- **Ask your provider where you can get vaccines** that help protect against Hepatitis B and HPV infections.

Resources

To learn more about trich, call the CDC toll-free hotline at 1-800-CDC-INFO (1-800-232-4636).

For information about the Family PACT program and providers near you, call 1-800-942-1054 or visit www.familypact.org.