



Trichomonas

What is trichomonas (trike-o-mon-as)?

Trichomonas is usually called trich (trike) for short.

Trich is a sexually transmissible infection (STI).

We need to get informed about trich so we can stop people in our community from getting it.

Who does trich affect?

Trich can affect women and men aged 15 years and older and is very common in remote areas.

In Australia trich is more common among women than men.

How do you get trich?

You can get trich when you have vaginal, anal or oral sex without a condom with someone who has trich.

Symptoms – how would I know if I got trich?

Men can get:

- itching or irritation in the penis, and a discharge
- burning after peeing or after sex.

Women can get:

- itching, burning, redness or soreness around the vagina
- pain when peeing
- a smelly discharge from the vagina.

If you have trich sex can be painful.

Many people who have trich don't have any symptoms or signs. This means you can have trich and not know it. The only way of knowing whether you have trich is to get tested.



Testing for trich?

Testing for trich can be done at the clinic. They will give you a jar to fill with pee and will test it.

You can get tested for trich as part of your men's or women's health check – just ask.

Get tested for STIs at least every six to 12 months.

What's the treatment for trich?

If you have trich, you will be given antibiotics. You must not drink alcohol within 24 hours of the treatment.

It is important that you don't have sex for 7 days after treatment is finished and your partner has also completed treatment.

Without treatment, the infection can last for months or even years.

Getting treated for an STI doesn't stop you picking up the same STI again. It's important to keep using condoms and to keep testing regularly for STIs – at least every six to 12 months.

Don't be shame

Testing regularly for STIs means you're looking after your health and respecting your partners. If more people in our community test regularly for STIs, and get treated, everyone is better off.

Test results are confidential. Your partner will not be told about your result without your permission. No one else in your family or community will be told about your result without your permission.

What if I don't get treated?

If you get trich it will stay in your body until you get treated. Even if you have no symptoms or signs of having trich, it can still be damaging you inside.

The earlier you treat trich, the easier it is to cure and less damage is done to your body.



If you don't get treated, you can pass it onto anyone you have sex with.

It is important for pregnant women to test for trich and get treated. If you're pregnant and don't get treated, your baby might be born early or the baby might be born with a very low weight.

Condoms can stop STIs from spreading

Here's how to use a condom:

- ⦿ Check expiry date, check the package is not damaged and open with care
- ⦿ Pinch the tip so air doesn't get trapped
- ⦿ Roll on when the penis is hard
- ⦿ Use water-based lubricant (lube). Oil based lubricant can damage the condom
- ⦿ When withdrawing, hold the base of the condom so semen (cum) doesn't spill out
- ⦿ Tie a knot in the used condom and put it in the bin. Not down the toilet as it will block the pipes.

Let's look after our sexual health and get tested for STIs. If we all test and get treated, we can stop the spread of STIs and BBVs in our community.