



Trichomonas – the basics

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

Trichomonas is a sexually transmissible infection (STI). It is usually called trich (trike) for short.

Who does trich affect?

Trich is very common in our remote communities.

How do you get trich?

You can get trich if you have sex with someone who has trich without using a condom. You can also get it from oral sex.

Symptoms – how would I know if I got trich?

Men can get:

- itching, and a discharge (fluid)
- 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. 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 for testing.
- You can get tested for trich as part of your health check – just ask.
- Get tested for STIs at least every six to 12 months.
- Get tested for STIs if you are pregnant.



What's the treatment for trich?

- Trich is treated with antibiotics. Don't drink alcohol within 24 hours of treatment.
- Don't have sex for 7 days after treatment is finished
- Without treatment, the infection can last for years.
- Get tested for STIs at least every six to 12 months.

What if I don't get treated?

- Trich 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 after getting it, the easier it is to cure.
- If you don't get treated for trich, you can pass it on to anyone you have sex with.
- If you're pregnant and don't get treated, trich can harm your baby. Your baby might be born early or the baby might be born with a very low weight.

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.