

# Trichomoniasis

## What is trichomoniasis?

Trichomoniasis (trich) is a very common and persistent sexually transmitted infection (STI) caused by a protozoan parasite called *Trichomonas vaginalis*.

## How is it spread?

Sexually active people can get the disease by having sex without a condom with a partner who has it. Trich is usually found inside the penis or in the female lower genital tract.

## What are the symptoms?

70% of people do not have symptoms.

### Men:

- Itching or irritation inside the penis
- Burning after peeing or ejaculating
- Discharge from the penis

### Women:

- Itching, burning, redness or soreness of the genitals
- Discomfort when peeing
- A thin, clear, white, yellowish, or greenish vaginal discharge with a fishy smell.

## How is it prevented?

- Abstinence from sexual activity is the best form of prevention.
- If you choose to have sex, limit your partners. The more people you have sex with, the greater the chance of getting exposed to an STI.
- Use a new condom every time you have sex.
- Have regular exams and have STI testing done at least yearly if you are sexually active.

## How is it treated?

Trichomoniasis can be treated with prescription medication. It is safe for pregnant women to take this medication.

People who have been treated for trichomoniasis can get it again. About 1 in 5 people get infected again within three months after receiving treatment. To avoid getting re-infected, make sure that all of your sex partners get treated. Also, wait 7-10 days after you and your partner have been treated to have sex again. Get checked again if your symptoms come back.

*This fact sheet is for informational purposes only and is not intended for self-diagnosis or as a substitute for consultation with a health care provider. For more information contact your health care provider or visit the Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov).*

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