



Trichomoniasis (or trich), is one of the most common STIs.

It is caused by infection with *Trichomonas vaginalis* (TV) a tiny protozoan parasite.

How is it contracted?

The infection is typically spread during unprotected vaginal, anal and oral sex and sometimes by sharing sex toys.

Possible Symptoms

via nhs.uk

WOMEN ♀

- Abnormal vaginal discharge that may be thick, thin or frothy and yellow-green in colour
- Producing more discharge than normal, which may also have an unpleasant fishy smell
- Soreness, swelling and itching around the vagina - sometimes the inner thighs also become itchy
- Pain or discomfort when passing urine or having sex

Symptoms of Trichomoniasis Infection

Trichomoniasis symptoms usually develop within a month of infection. But up to 50% of all people do not develop any symptoms at all yet remain infectious.

For this reason, among others, it is important to regularly test yourself, particularly if you have multiple partners and/or every time you change partners

MEN ♂

- Pain when peeing or during ejaculation
- Needing to pee more frequently than usual
- Thin, white discharge from the penis
- Soreness, swelling and redness around the head of the penis or foreskin

Possible Long-term Consequences

- Increased chance of contracting other STIs, including HIV
- If you are infected while pregnant, it may cause your baby to be born prematurely or have a low birthweight

BioSmart's Basic Three STI Tests

Basic Three STI Test for Men:

This sterile kit contains a urine sample collection device for the simple and painless collection of urine.

Basic Three STI Test for Women:

This sterile kit contains a vaginal swab that enables simple and painless retrieval of cell material.

With these test kits, you can retrieve a sample in the privacy of your own home. A courier will collect the sample (placed in discreet packaging) and deliver it to our accredited pathology laboratory. The Basic Three STI Tests screen for *Trichomonas Vaginalis* (TV), *Chlamydia Trachomatis* (CT) and *Neisseria Gonorrhoeae* (NG)

Before you start, carefully read through the instructions first and follow the easy steps in the correct order.

Note: Trichomoniasis may take 5 - 28 days (or longer) to show up in a test from the time of infection.

Treating Trichomoniasis

Fortunately, trichomoniasis can be treated with antibiotics, typically an injection. However, it is very important to:

- Tell all relevant partners so they can get treatment
- Complete the whole course of antibiotics as prescribed
- Abstain from sex for 7 full days AFTER treatment is completed
- Retest three months after infection has been treated

If you keep experiencing symptoms after treatment, or they return, you may require further testing and treatment.

Telling Your Partner(s), Current & Past

If you test positive for trichomoniasis, do the right - and safe - thing: inform all your current partners as well as anyone else you have had sex with in the last 6 months. They may be unaware of an infection which means they will not seek treatment and will likely pass it onto others unknowingly.

Avoiding Trichomoniasis

You can help prevent the spread of trichomoniasis and avoid infection by:

- Using a condom/dam every time you have vaginal, anal or sex
- Not sharing sex toy OR covering them with new condoms each time and washing them properly before and after use

Regular testing as well as testing when you change sexual partners help reduce the spread of trichomoniasis and other STIs.

Can Trichomoniasis Affect Fertility?

Yes, trichomoniasis infection in women and men, regardless of the presence of symptoms, is now recognised as an important cause of infertility.

via [National Library of Medicine](#)