




Trichomoniasis

A Common Type of Vaginal Infection



Vaginitis (vaj-uh-nahy-tis) is an infection of the vagina.

Trichomoniasis (tri-kə-mə-niə-səs) is one of the three most common types of vaginitis. It is also the most common sexually transmitted disease (STD) that can be treated.

Trichomoniasis can be a serious problem. It can make a woman more easily infected with HIV (the virus that causes AIDS) if she is exposed to HIV. Also, trichomoniasis can make it easier for an HIV-infected woman to pass the virus to her sex partner(s). Pregnant women with trichomoniasis may have babies who are born early or have a low birth weight.

What are the signs?

- Vaginal itching or irritation
- Yellowish or greenish bubbly discharge (fluid) from the vagina that has a bad smell
- Pain during sex or urinating

What causes trichomoniasis?

Trichomoniasis is caused by a parasite, which is spread during sex so it affects both women and men. Women often get it in the vagina and men often get it in the urethra (but men usually do not show any signs).

What to do if you have trichomoniasis:

Trichomoniasis must be diagnosed and treated by a doctor. Once diagnosed, the doctor will prescribe some medicine to you and tell you what to do.

Tips on preventing trichomoniasis:

- If you have it, tell all your recent sex partners so that they can see a doctor and get treated. Do not have sex until treatment is finished and you have no signs of infection.
- Make sure you use a latex male condom while having sex.
- Make sure your vaginal area stays clean and dry.
- Use mild soaps, unscented tampons or pads.
- Don't clean your vagina with products such as douches. Soap and water is good enough.
- Wear cotton underwear and underwear that is not too tight.
- Be cautious while using public bathrooms, public bath or swimming lockers. Avoid your vaginal area directly touching any surface.