

## How is it treated?

Trichomoniasis is treated by antibiotic tablets which can be given either as a single dose or as a 7 day course.

The tablets sometimes cause mild nausea or an upset stomach. This is less likely if you take the tablets with food.

Avoid alcohol during treatment and for 24 hrs afterwards, or you might get a severe hangover and the antibiotics might not work well .

Avoid sexual contact or use condoms for 7 days from when you start antibiotics (and 7 days after your sexual contacts have been treated).

## Is there any long term damage?

As far is known, Trichomoniasis does not cause any long term damage.

Some women however get recurrent Trichomoniasis even after their sexual partners have been treated.

For those with persistent Trichomoniasis, an assessment by a sexual health specialist is recommended



## Contact us

Phone 0800 739 432 Monday to Friday to book your appointment at one of the Auckland Sexual Health Clinics or visit our website [www.ashs.org.nz](http://www.ashs.org.nz) for more information around opening hours

### Locations

**Greenlane Clinical Centre**  
Building 7 Level 3  
Greenlane West

**North Shore**  
418 Glenfield Rd  
Glenfield

**South Auckland**  
652 Great South Road, Manukau  
(Southpoint)

**West Auckland**  
20 Sel Peacock Drive  
Henderson

*This fact sheet is designed to provide you with information on disease. It is not intended to replace the need for an appointment with your doctor. People are strongly advised to check with their healthcare provider about any specific questions or concerns. Every effort has been taken to ensure that the information in this pamphlet is correct*

**Te Whatu Ora**  
Health New Zealand

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Health New Zealand

Auckland Sexual Health  
Services

**Trichomoniasis**

## What is Trichomoniasis?

Trichomoniasis is a sexually transmitted infection caused by a very small parasite called *Trichomonas vaginalis*, called 'Trike' for short.

It is one of the most common sexually transmitted infections (STI's) in the world but is not so common in New Zealand.

The infection occurs most commonly in sexually active females between 16-35 years.

It is caught during sex with an infected person or by using another persons sex toys (e.g. vibrators).



## How do I know if have Trichomoniasis?

Symptoms usually develop 1-4 weeks after contact with an infected person.

### Symptoms for women:

- A greenish, watery vaginal discharge with an unpleasant 'fishy' smell.
- The opening to the vagina and vulva may be swollen or sore.
- Redness and irritation can spread onto the upper thighs and can lead to discomfort when walking.
- Itching or pain when peeing can also occur.
- Many women are infected without symptoms.

### Symptoms in men can include:

Some men may have discharge from the penis and pain when they pee.

Sometimes it produces inflammation of the head of the penis (balanitis).

Most men do not have symptoms but can still pass on the infection.

## How is it diagnosed?

Examination of the vagina is required and a swab can be sent to a laboratory where infection can be detected. This can take up to a week.

Most Sexual Health Clinics will be able to examine a drop of vaginal fluid under a microscope can sometimes see the parasite to make an instant diagnosis

Trichomoniasis is very difficult to identify and diagnose in males. It might be found in swabs from the penis or in urine.

It is important to contact everyone you have had sexual contact with in the past 3 months, because male partners always need to be treated, even if there are no symptoms to stop them spreading the infection.