

TRICHOMONIASIS

What Is Trichomoniasis?

Trichomoniasis is a sexually transmitted disease (STD) caused by a small parasite called *Trichomonas vaginalis*. It is generally transmitted through sexual contact.

Symptoms

- Men seldom have any symptoms of trichomonas (there may be some penile itching).
- In women, symptoms may include:
- Inflammation of the vagina, sometimes called “trich.”
- Frothy, green or yellow, foul- or strong-smelling vaginal discharge
- Itching, redness, and soreness of the vagina
- Burning during urination
- Painful intercourse

Treatment

Either of the following treatments is effective:

- Eight 250-mg tablets of metronidazole (Flagyl) taken at one time
or
- One 250-mg tablet of metronidazole (Flagyl) taken 3 times a day for 7 days.

Treatment of both partners is essential to avoid the “ping-pong effect.”

Note. Women who are or who may be **pregnant** should not take Flagyl. Do not consume alcohol while taking the medication; it can result in severe nausea and vomiting.

With proper treatment, the infection usually clears up in 1 week. If improperly treated, symptoms may recur as long as 20 years after the original infection.

Additional Information

Do not drink any **alcoholic beverages** while you are taking Flagyl and for 2 days after finishing the medication. Drinking alcohol while you are taking Flagyl may result in a severe hangover.

Flagyl may be taken with food to prevent nausea and vomiting (possible side effects of the drug).

Tell your partner about your infection, because he must also be treated with Flagyl, even if he has no symptoms. Do not have sex until your symptoms are gone and both you and your partner are treated.

Prevention

Because trichomonas is sexually transmitted, it can be prevented. Use of condoms is the best method for preventing sexually transmitted diseases (secondary, of course, to abstinence, or not having sex at all).

Contact Our Office If:

- Your symptoms last more than 7 days.
- You have other questions or concerns.

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