Trichomonas

Trichomonas is an infection of the outer female genitalia and the vagina that is caused by a parasite (an organism that is mobile). It is a sexually transmitted disease (STD) and is most often passed to another person through sexual contact. Patients with trichomonas are at risk for other STDs, including pelvic inflammatory disease (PID) and hepatitis B.

CAUSES

- Sexual intercourse with an infected partner.
- It can be present in swimming pools or hot tubs.

SYMPTOMS

- Abnormal vaginal discharge, gray-green frothy discharge.
- Vaginal itching and irritation.
- Itching and irritation of the area outside the vagina.
- Inflammation of the urethra (*urethritis*), causing painful urination.
- Bleeding after sexual intercourse.

COMPLICATIONS

- Pelvic inflammatory disease.
- Infection of the uterus (*endometritis*).
- Infertility.
- Tubal (*ectopic*) pregnancy.
- It can be associated with other STD's and Hepatitis B.

COMPLICATIONS DURING PREGNANCY:

- Early (*premature*) delivery.
- Premature rupture of the membranes (PROM).
- Low birth weight.

DIAGNOSIS

- Visualization of the trichomonas under the microscope from the vagina discharge.
- Ph of the vagina greater than 4.5 tested with a test tape.
- Trich Rapid Test.
- Culture of the organism, but this is not usually needed.
- It may be found on a Pap test.
- Having a "strawberry cervix,"which means the cervix looks very red like a strawberry.

TREATMENT

- You may be given medicine to kill germs (*antibiotics*). Do not take metronidizole (Flagyl) if you are in the first trimester of your pregnancy. Pregnant women should not take Tinidizole either. If you are able to take any of these medications, alcohol should not be taken for 3 days.
- Over-the-counter anti-itch/irritation cream may be recommended by your caregiver.
- Your sexual partner will need to be treated if they are infected.

HOME CARE INSTRUCTIONS:

- Take all medication prescribed by your caregiver.
- Take over-the-counter medication for itching or irritation with your caregiver's recommendation.
- **Do not** have sexual intercourse while you have the infection.
- **Do not** douche or wear tampons.

- Have your sex partner examined and treated if necessary.
- Have only one sex partner and have a sex partner who does not have sex with anyone else.

SEEK MEDICAL CARE IF:

- You still have symptoms during or after you finish the medication.
- You have an oral temperature above 102° F (38.9° C).
- You develop belly (*abdominal*) pain.
- You have pain when you urinate.
- You have bleeding after sexual intercourse.
- You develop a rash.
- The medication makes you sick or throw up (*vomit*).

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