

Trichomonas Vaginalis

Trichomonas vaginalis is one of three types of vaginal infection. Also called, “trich,” this infection is caused by an organism that is usually spread sexually. Many women have this infection.

What Causes It?

Sometimes antibiotics, birth control pills, hormones, and douching can cause vaginal irritation and lead to infection. Other causes may be tight-fitting clothes, intercourse without enough lubrication, childbirth, or cuts on the vagina.

How Will I Know I Have It?

Common symptoms range from mild discomfort to severe burning and itching, and a yellowish green or gray discharge. The discharge is thin and foamy and has a strong odor.

How Is It Treated?

Your doctor will order medicine to cure the infection. The symptoms may go away before you finish taking it. Be sure to use up all the medicine.

What Can I Do to Help?

- Try not to scratch. It may irritate the area and spread the infection.
- Keep the irritated area as dry as possible.
- Change from wet bathing suits or sweaty clothes as soon as possible.
- Wipe from front to back after using the bathroom.
- Do not share washcloths, towels, bathing suits, or any other clothes that come in contact with your vaginal area.
- Tell your sexual partner, who may also be infected. Your partner must be treated too. This will keep the infection from coming back.
- Having sex when you have symptoms could make the infection worse.