

REMEMBER!

- Take all your medication as prescribed by your doctor or clinic.
- Avoid sex while you and your partner(s) are being treated.
- Do not drink alcohol during treatment and for two days after treatment is completed.
- Use condoms to lower the chance of getting STIs and to prevent pregnancy.
- It is possible to have more than one infection at a time so it is important to be tested for other STIs.
- Wear cotton underwear and loose clothing. This will keep the area dry and speed up healing. Use a cold compress or soak in a tub to relieve itching.

THE SEXUAL HEALTH CENTRES ARE LOCATED AT:

Fort Erie Sexual Health Centre

43 Hagey Avenue
Fort Erie, ON L2A 1W4
Phone: 905-871-5320
Fax: 905-871-3333

Hours of Service

Tuesday – Friday
9am – 12pm

Niagara Falls Sexual Health Centre

5710 Kitchener Street
Niagara Falls, ON L2G 1C1
Phone: 905-358-3636
Fax: 905-358-2717

Hours of Service

Monday – Friday
1pm – 4:30pm

St. Catharines Sexual Health Centre

277 Welland Avenue
St. Catharines, ON L2R 2P7
Phone: 905-688-3817
Toll Free: 1-800-263-5757
Fax: 905-688-6063

Hours of Service

Monday – Friday
8:30am – 12pm
1pm – 4:30pm

Welland Sexual Health Centre

540 King Street
Welland, ON L3B 3L1
Phone: 905-734-1014
Fax: 905-734-1770

Hours of Service

Monday – Friday
1pm – 4:30pm

** Clinic/Doctor services available by appointment only*

Mediklik - STI Clinic

St. Catharines General Hospital
142 Queenston Street, St. Catharines, ON
Tuesday & Thursdays – 6:00–8:00 p.m.
Walk-in Clinic – no appointment required

www.regional.niagara.on.ca



FACTS ABOUT TRICHOMONAS

What is Trichomonas?

Trichomonas is a very common vaginal infection. It can be found in both men and women.



What are the symptoms?

Most men and many women have no symptoms. Women may notice increased vaginal discharge. The discharge may be grey, yellowish-white or greenish-yellow in colour. It is usually thin, frothy, and has a foul odour. Women may also have itchiness, redness, soreness or pain during sex and when they pass urine. Men may notice a slight clear discharge, itching on the penis, and/or pain when they pass urine or after sex.

How is it spread?

Trichomonas is mainly spread during unprotected sexual intercourse. But the germ can live on wet objects (towels, washcloths, douching equipment, saunas, etc.) for several hours.

How is it diagnosed?

The doctor can tell if there is a trichomonas infection by looking at the discharge from the vagina or penis under a microscope. Swabs may also be taken from the cervix.

What are the complications?

Trichomonas is not dangerous but it can be very uncomfortable. This infection should be treated right away.

How is it treated?

- The usual treatment of trichomonas is with pills called metronidazole. The commonly known brand name for the drug is Flagyl.
- Women who are pregnant or are nursing, should consult with their physician

regarding Flagyl use.

- Alcohol can react with metronidazole to cause severe nausea and vomiting. DO NOT drink alcohol during treatment. Avoid alcohol for at least two days after treatment is completed.
- Flagyl can also cause nausea. Take pills with meals to help protect against this.

What about my sexual partner(s)?

Regular sexual partners should be treated at the same time so that they do not re-infect each other.

Is follow-up important?

Follow-up is not needed if the symptoms have disappeared.