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# DISCOUNTED CONSULTATION

WE ARE MAKING OUR SERVICES  
MORE AFFORDABLE FOR EVERYONE

BECOME  
A MEMBER  
AND SAVE  
TODAY!

## WHAT DO YOU GET AS A MEMBER?

- Special members discount rates for consultations at SHFPACT clinic and Canberra Menopause Centre.
- 5% discount on bookshop purchases.
- Free or discounted attendance at health information and special events. For example: Healthy Menopause Information Evenings by the Canberra Menopause Centre, Parent Information Evenings about communicating with your children and young people about puberty, relationships, etc.
- SHFPACT members enews that will keep you updated with special members events, activities and other services.

JOIN ONLINE AT  
**shfpact.org.au**  
OR AT RECEPTION



### OPENING HOURS

Please contact our reception staff on 02 6247 3077 or visit [shfpact.org.au](http://shfpact.org.au) for SHFPACT clinic hours

### LOCATION

SHFPACT is conveniently located in the city.

Level 1,  
28 University Avenue  
Canberra ACT 2601

### CONTACT

02 6247 3077  
[shfpact@shfpact.org.au](mailto:shfpact@shfpact.org.au)

### ENGAGE

[shfpact.org.au](http://shfpact.org.au)  
[facebook.com/shfpact](https://facebook.com/shfpact)  
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### DONATE

All donations to SHFPACT over \$2.00 are tax deductible

### SHFPACT CLINICAL SERVICES

- Contraceptive advice, information and services
- IUDs and other long acting contraceptive options
- Cervical screening
- Canberra Menopause Centre
- Unplanned Pregnancy Counselling Service
- Sexually transmissible infections (STIs): testing, treatment and advice
- Blood borne virus and HIV testing
- Emergency contraception (the 'Morning After' Pill)
- Breast checks and breast awareness education
- Fertility issues and pre-conception advice
- Sexual difficulties and sexuality education
- PrEP information, advice, and prescriptions

SHFPACT is a health promotion charity (HPC)  
assisted with funding from the ACT Government.



I'M ALL ABOUT

# TRICHOMONIASIS



Sexual Health and Family Planning ACT  
Level 1, 28 University Ave, Canberra City  
Call 02 6247 3077

**shfpact.org.au**

Last updated November 2021



## WHAT IS TRICHOMONIASIS?

Trichomoniasis is a genital infection which is caused by the organism *trichomonas vaginalis*. While it is common worldwide, it is relatively rare in urban areas in Australia. Trichomoniasis is a vaginal infection, more common in older populations and those living in remote areas. It is a very rare cause of symptoms in the penis.

Trichomoniasis infection during pregnancy can cause premature delivery and low birth weight in the baby.

## HOW DO YOU CATCH TRICHOMONIASIS?

Trichomoniasis is a sexually transmitted infection (STI), which is passed on during unprotected intercourse.

## WHAT ARE THE SYMPTOMS?

### VAGINAL SYMPTOMS

About 50% of the time trichomoniasis does not cause any vulval or vaginal symptoms.

If symptoms do occur they include:

- An unpleasant smelling yellow, green or grey discharge which is usually frothy and profuse.
- Vulval and vaginal itch, burning, and discomfort.

### SYMPTOMS OF THE PENIS/URETHRA

Trichomoniasis very rarely causes any symptoms of the penis/urethra. If symptoms do occur they include:

- Discomfort with passing urine.
- Abnormal discharge from the penis.

## HOW CAN YOU TEST FOR TRICHOMONIASIS?

Trichomoniasis is not routinely tested for, particularly in areas where it is very uncommon. If someone has symptoms of trichomoniasis, or a partner has been diagnosed, then a swab will be taken to diagnose the infection before treatment. If your partner has been diagnosed with trichomoniasis you will need testing and treatment even if you have no symptoms.

## HOW IS IT TREATED?

Trichomoniasis is treated with the following antibiotics:

**Tinidazole** 500mg x 4 tablets as a single dose OR

**Metronidazole** 400mg three times a day for one week or 2g as a single dose.

These antibiotics need to be taken with food and can cause nausea, tiredness, and a metallic taste. Alcohol must be avoided while on these medications, they can cause nausea, vomiting, and headache if taken with alcohol.

If trichomoniasis is diagnosed during pregnancy treatment options may need to be discussed with a specialist.

It is important to avoid any unprotected sexual intercourse for seven days after treatment has finished to allow the treatment to work completely and to avoid becoming reinfected, or infecting others. You may also need re-testing four weeks later if your symptoms continue.

## DO I NEED TO TELL MY SEXUAL PARTNERS?

Yes, all recent sexual partners will need to be advised, tested, and treated even if they have no symptoms. Your doctor or nurse can assist you with this.

## HOW CAN YOU AVOID CATCHING TRICHOMONIASIS?

Using condoms every time you have sexual intercourse is the best way to prevent trichomoniasis and other STIs

## SHOULD I GET TESTED FOR OTHER SEXUALLY TRANSMISSIBLE INFECTIONS?

If you are diagnosed with an STI such as trichomoniasis, it is important to be checked for other STIs such as chlamydia.



## WHERE TO GO FOR FURTHER INFORMATION & TESTING

- SHFPACT Clinic

CALL: 02 6247 3077

WEB: [shfpact.org.au](http://shfpact.org.au)

- Canberra Sexual Health Centre at the Canberra Hospital

CALL: 02 6244 2184

WEB: [health.act.gov.au/sexualhealth](http://health.act.gov.au/sexualhealth)

- Your GP or local Health Centre

### References

Melbourne Sexual Health Centre  
Australia STI Management Guidelines

## REMINDER

If you are diagnosed with an STI such as trichomoniasis, it is important to be checked for other STIs such as chlamydia.

Your partners should also be notified, checked and treated if required. Be sure to have another test after treatment to make sure it has been cleared up.

