



**University of North Carolina Wilmington
Abrons Student Health Center**

**INSTRUCTION SHEET:
TRICHOMONAS INFECTION (IN FEMALE)**

The Student Health Provider has diagnosed a trichomonas infection of the vagina. The infection is caused by a tiny (microscopic) organism called a protozoa. Trichomonas infection is rarely a serious problem. The infection is treatable with antibiotics.

Symptoms can be absent or can include any of the following: vaginal itching/burning, vaginal discharge, pelvic discomfort, or burning on urination.

Trichomonas infection is spread sexually; medical experts recommend that sexual partner(s) be treated at the same time you are treated. If your sexual partner(s) is not treated, you can become re-infected upon resuming sexual relations.

MEASURES YOU SHOULD TAKE TO HELP TREAT YOUR TRICHOMONAS INFECTION:

1. Take the antibiotic (metronidazole = Flagyl), all four 500 mg tablets at once. The total dose is 2000 mg (2 grams). Do not drink alcohol before you take the medicine, or for 48 hours afterward: The combination of metronidazole and alcohol causes nausea and vomiting. Sometimes a different antibiotic can be prescribed, but with similar precautions.
2. Vaginal itching/burning can be relieved by using a vinegar douche (2 Tbs. white vinegar in one quart water), or by taking over-the-counter antihistamines (loratadine, diphenhydramine) or pain medications (acetaminophen, ibuprofen, naproxen) by mouth.
3. Make sure your sexual partner(s) is treated before you resume sexual relations. Sexual partner(s) should seek care with the Student Health Center (if a student here), personal doctor, or the county health department.
4. Make a follow-up appointment with the Student Health Center or personal/referral provider as directed. The provider can make certain the trichomonas infection has cleared, and check for other infections/problems as indicated.