

# Australian STI Management Guidelines for Use in Primary Care

## Trichomoniasis

### Overview

- In Australia, trichomonas is more common in older people, people from regional and remote areas, especially Aboriginal and Torres Strait Islander people and street-based sex workers.
- Uncommon cause of vaginal discharge or penile urethritis in urban settings.
- Long natural history (years) if not treated.
- Without treatment, the infection is cleared more quickly in a penis than in a vagina.

### Cause

- *Trichomonas vaginalis*, a protozoan which infects the vagina, urethra and paraurethral glands.

### Clinical presentation

Symptoms
<ul style="list-style-type: none"><li>• <u>Urethritis</u> - usually asymptomatic. See <u>chlamydia</u> for more information.<ul style="list-style-type: none"><li>• <u>Urethral discharge</u> (uncommon)</li><li>• <u>Dysuria</u> (uncommon)</li></ul></li><li>• Malodourous <u>vaginal discharge</u> - typically profuse and frothy<ul style="list-style-type: none"><li>• Vulval itch/soreness</li><li>• <u>Cervicitis</u></li></ul></li></ul>
Complications
<ul style="list-style-type: none"><li>• Associated with prostatitis</li><li>• Associated with premature rupture of membranes, pre-term delivery and low birth weight.<ul style="list-style-type: none"><li>• Post-partum sepsis</li></ul></li></ul>

## Special considerations

- Up to 50% of vaginal infections are asymptomatic; urethral infections are usually asymptomatic.
- May enhance human immunodeficiency virus (HIV) transmission.

## Diagnosis

- Testing is not routinely recommended for people with urethritis.
- Screening is not recommended except in high prevalence populations; refer to local guidelines.
- Treat contacts presumptively.

Site/Specimen	Test	Consideration
High vaginal swab	NAAT	<ul style="list-style-type: none"><li>• Preferred option in people with a vagina.</li><li>• Should ideally be clinician collected if the patient is symptomatic but can be self-collected if client declines examination.</li></ul>
<u>First pass urine (FPU)</u>	NAAT	<ul style="list-style-type: none"><li>• Available in major laboratories in each state.</li></ul>

NAAT – Nucleic Acid Amplification Test

## Specimen collection guidance

Clinician collected | Self-collection

## Management

Principal treatment options		
Situation	Recommended	Alternative
Uncomplicated infection	Metronidazole 400 mg PO with food, BD for 7 days	Metronidazole 2 g PO with food, stat

## Treatment advice

- Re-infection and poor adherence should be ruled out in persistent or recurrent infection.
- Seek specialist advice if suspected metronidazole resistance or

contraindication.

- Avoid alcohol with metronidazole treatment and for 24 hours thereafter.

## Other immediate management

- Advise no sexual contact for **7 days** after treatment is commenced, or until the course is completed and symptoms resolved, whichever is later.
- Recommend that their current sexual partner is treated.
- Contact tracing.
- Provide patient with [factsheet](#).
- Trichomoniasis is only a notifiable condition in the Northern Territory.

## Special Treatment Situations

### Special considerations

- Consider seeking specialist advice before treating any complicated presentation.

Situation	Recommended
<a href="#">Pregnancy</a>	Category B2 in pregnancy
Breastfeeding	Metronidazole may affect taste of breast milk; avoid high doses in breastfeeding.
Allergy to principal treatment choice	There is no effective alternative to 5-nitroimidazole compounds. Metronidazole desensitisation has been described.
People living with <a href="#">HIV</a>	Reports indicate single-dose metronidazole is less effective than extended metronidazole.

## Contact Tracing

- There is currently insufficient data to provide a definitive period for contact tracing, focus on current and recent partners.
- Test from genital sites.
- Consider presumptive treatment if there has been sexual contact within the past 2 weeks or when the person's individual circumstances mean later treatment may not occur.
- Partners with a penis may test negative for trichomonas as it is more likely

to resolve spontaneously in these people.

See [Australasian Contact Tracing Manual – Trichomoniasis](#) for more information

### **Follow Up**

Review in **1 week** provides an opportunity to:

- Confirm patient adherence with treatment and assess for symptom resolution.
- Confirm contact tracing procedures have been undertaken or offer more contact tracing support.
- Educate about condom use, contraception, HIV PrEP/PEP, safe injecting practices, consent, CST and vaccinations for HAV, HBV and HPV as indicated.

### **Test of cure**

Not recommended unless symptoms persist.

### **Retesting**

- For patients who remain symptomatic or where partner treatment remains uncertain, retesting should be performed after 4 weeks.
- This also provides the opportunity to retest, post the window period, for other STIs.

### **Auditable Outcomes**

100% of vaginal infections diagnosed are treated with recommended principal treatment option

### **Further reading**

1. Dize L, Agreda P, Quinn N, Barnes MR, Hsieh YH, Gaydos CA. Comparison of self-obtained penile-meatal swabs to urine for the detection of *C. trachomatis*, *N. gonorrhoeae* and *T. vaginalis*. *Sex Transm Infect* 2013;89:305-7.
2. Lusk MJ, Naing Z, Rayner B, Rismanto N, McIver CJ, Cumming RG, et al.

Trichomonas vaginalis: underdiagnosis in urban Australia could facilitate re-emergence. Sex Transm Infect 2010;86:227-30.

3. British Association for Sexual Health and HIV (BASHH). Trichomonas vaginalis . Available at: <https://www.bashh.org/guidelines> (last accessed 24 October 2021).

**Endorsement:** These guidelines have been endorsed by the Blood Borne Viruses and Sexually Transmitted Infections Standing Committee (BBVSS).

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**Funded by:** The Australian Government Department of Health

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