

Title: Treatment Options for *Trichomonas vaginalis*

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Abstract: Tinidazole, in a single-dose, is demonstrated to be equally efficacious in treatment of vaginal infections when compared with Metronidazole in seven-day dose. These conclusions are results of a randomized-controlled trial with the resolution of symptoms and eradication of disease on physical examination and laboratory results as the primary outcomes.

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# Options for Treatment of *Trichomonas vaginalis*

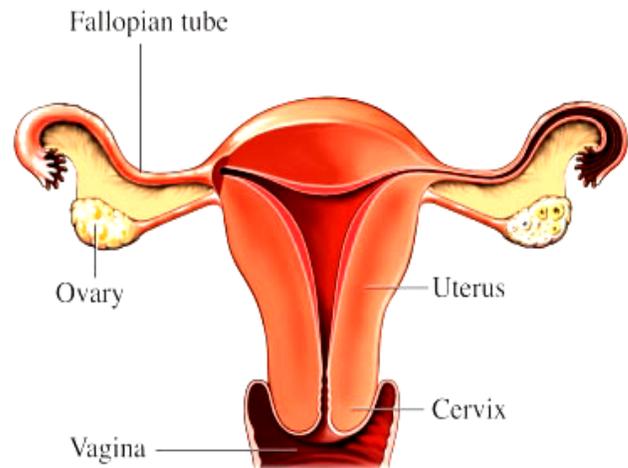


Many women experience vaginal symptoms, including vaginal discharge. The cause of these symptoms can be from a variety of sources, including bacterial, protozoal and fungal infections. *Trichomonas vaginalis* is a common protozoal infection of the female reproductive tract. Both males and females can be infected with this organism, although male carriers are usually asymptomatic.

It is important to treat this infection as it is recognized as a potential cause of poor pregnancy outcomes, male and female infertility and inflammation of the reproductive organs.

## Symptoms of *Trichomonas vaginalis*

- Yellow-green, frothy vaginal discharge with foul odor
- Vulvar and vaginal irritation in females
- Pain with urination
- Pain with sexual intercourse
- Lower abdominal pain
- Symptoms may worsen following menstruation



## Causes and Predisposing Factors

- Infection with *Trichomonas vaginalis* is usually transmitted sexually
- Multiple sex partners, or if a partner has more than one sex partner
- Previous sexually transmitted disease
- Non-use of barrier contraception (i.e. condoms)

## Tests for Diagnosis

If you are experiencing vaginal discharge, it is important to seek the care of your doctor. In the office, your doctor can perform an exam of your vaginal area and order specific tests to make the diagnosis.

- Examination under a microscope of the vaginal discharge for bacteria
- Culture of the vaginal discharge
- Urine culture

## Treatment Goals

- To cure *Trichomonas* infection
- To eradicate patient's symptoms
- To decrease the risk of transmission to patient contacts
- To decrease the risk of complications from the *Trichomonas* infection
- To treat both the patient and sexual partner(s)



## Treatment Options

- Metronidazole
- Tinidazole

Both of these antibiotics have been shown to be equally effective in the treatment of *Trichomonas vaginalis*. Metronidazole has been a classic treatment of *Trichomonas vaginalis*. However, an advantage to using Tinidazole is that it has been shown to be effective with a single two-gram dose. Metronidazole is usually taken for seven days. Ask your doctor which medicine is right for you.

## Possible Side Effects for Metronidazole and Tinidazole

- Take these medications with food
- Adverse reactions occur if a patient consumes alcohol while taking either of these medications. To avoid these reactions, abstain from alcohol for the duration of your therapy plus three days after stopping therapy.
- It is not currently recommended to take Metronidazole or Tinidazole during the first trimester of pregnancy.
- Metronidazole and Tinidazole may decrease the effectiveness of birth-control pills. It is recommended to use an extra form of contraception while taking these medications.

