

TEST IF:

- Female with vaginal discharge or vulval irritation
- Female requesting full sexual health check

RECOMMENDED TESTS

- It is recommended to test for co-existing STIs (see Sexual Health Check guideline www.nzshs.org/guidelines)
- Female:
 - High vaginal culture swab for testing for trichomoniasis, bacterial vaginosis and candida plus vulvovaginal swab for chlamydia and gonorrhoea testing by NAAT (PCR or SDA)
 - Additional anorectal NAAT swab as indicated based on sexual history
- Asymptomatic male contacts:
 - First void urine for chlamydia testing by NAAT and treat empirically for trichomoniasis (no reliable tests available for trichomoniasis in males). Note: Most laboratories are performing dual NAAT testing for chlamydia and gonorrhoea
- Male contacts with dysuria or discharge (see Urethritis in Men guideline www.nzshs.org/guidelines)

Treat immediately if trichomoniasis is clinically suspected or if a sexual contact of trichomoniasis.

- Start treatment for patient and sexual partner(s) without waiting for lab results

MANAGEMENT

- Metronidazole 2g po stat (pregnancy category B2) OR
- Ornidazole 1.5g po stat (not recommended in pregnancy) OR
- Metronidazole 400mg po twice daily for 7 days
- Refer full guideline if breastfeeding
- Advise to use condoms or abstain from sex for 7 days after initiation of treatment and until 7 days after all sexual contacts have been treated
- Advise to abstain from alcohol for duration of treatment and for at least 24 hours after completion of treatment (72 hours for ornidazole)

PARTNER NOTIFICATION

- Be clear about language: 'partner' implies relationship – all sexual contacts in the last 2 months should be advised so they can be treated
- Male contacts should be treated empirically as testing for trichomoniasis is not available outside specialist services
- Contacts should have a sexual health check
- Contacts should be treated without waiting for their test results and advised to use condoms or abstain from sex for 7 days; if positive for an STI, refer to specific guideline
- Most choose to tell contacts themselves; giving written information is helpful
- Notifying all contacts may not be possible, e.g. if there insufficient information or a threat of violence

FOLLOW-UP (PHONE OR IN PERSON) 1 WEEK LATER

- Any unprotected sex in last week?
- Completed/tolerated medication?
- All notifiable contacts informed?
- Any risk of re-infection? If yes – re-treat
- Check other STI test results and treat if positive (refer to specific guidelines)
- Test of cure only needed if symptoms don't resolve (females)
- Refer suspected treatment failures to specialist sexual health clinic

Further guideline information – www.nzshs.org or phone local sexual health service.