

<b>English</b>	<b>简体中文 Simplified Chinese (Mandarin)</b>
<p><b>Trichomonas infection</b></p> <p>Trichomonas is a sexually transmitted infection (STI) caused by a small parasite.</p> <p>It infects the genitals, and may also lead to infection in the vagina, urethra (the passage carrying urine from the bladder) and prostate gland.</p> <p><b>How do I get trichomonas?</b></p> <p>The main way to get trichomonas infection is by:</p> <ul style="list-style-type: none"><li>• having unprotected vaginal, anal or oral sex (sex without a condom)</li><li>• sharing sex toys that aren't washed or covered with a new condom each time they're used.</li></ul> <p><b>Symptoms of trichomonas</b></p> <p>Almost half of all people with trichomonas infection will have no symptoms.</p>	<p><b>滴虫感染</b></p> <p>滴虫是一种由小寄生虫引起的性传播感染疾病（STI）。</p> <p>它会感染生殖器，还可能导致阴道、尿道（从膀胱排出尿液的通道）和前列腺的感染。</p> <p><b>我如何感染的滴虫？</b></p> <p>感染滴虫的主要途径是：</p> <ul style="list-style-type: none"><li>• 无保护的阴道性交、肛交或口交（不使用安全套的性行为）</li><li>• 共用未洗过的或每次使用时未套上新避孕套的性玩具</li></ul>

If you do develop symptoms you may experience:

- a yellow or green discharge from the vagina or penis, which can sometimes have an unpleasant, 'fishy' smell
- genital itching and soreness which can lead to infections of the urethra (the passage that carries pee from the bladder) and infection of the prostate gland
- pain or a burning sensation when peeing
- itching and soreness in the genital area

Some women may also experience pain or discomfort during sex.

## Testing for trichomonas

If you think you have trichomonas infection, make an appointment with your GP or local sexual health services.

Testing is quick and straightforward. There are two main ways the sample can be collected:

- using a swab – a small cotton bud is gently wiped over the area that might be infected, such as inside the vagina or penis

## 滴虫感染的症状

滴虫感染的人中几乎有一半没有症状。

如果确实出现症状，您可能会遇到：

- 阴道或阴茎流出黄色或绿色分泌物，有时可能会有难闻的“腥味”
- 生殖器瘙痒和疼痛，这会导致尿道感染（从膀胱排出小便的通道）和前列腺感染
- 排尿时有疼痛或烧灼感
- 生殖器部位瘙痒和疼痛

一些女性在性生活中可能还会感到疼痛或不适。

## 滴虫测试

如果您认为自己感染了滴虫，请与您的家庭医生或当地的性健康服务机构预约。

- peeing into a container – this should ideally be done at least one or two hours after you last peed

Most sexual health clinics can look at the sample straightaway under the microscope and see the parasite. In some clinics and at your GP, the swab needs to be sent away to a lab to make the diagnosis.

The test is more accurate from vagina samples and less accurate from penile and urine samples.

## Online appointment booking

You may be able to book an appointment for an STI test online using the online booking system. This varies for different NHS board areas.

## Treating trichomonas

Antibiotics will get rid of the infection. You should avoid having sex until one week after you and your partner(s) have been treated.

If your infection is untreated you may pass it onto other sexual partners.

Trichomonas can occasionally lead to other more serious problems such as pelvic inflammatory disease (PID), when the infection gets into the womb and

检测快速而直接。可以通过两种主要方式收集样本：

- 使用拭子 - 将细小的棉签轻轻擦拭可能被感染的部位，例如阴道或阴茎内
- 排尿到容器中 - 理想情况下，应该在最后一次排尿后至少一两个小时

大多数性健康诊所都可以在显微镜下直接观察样本并看到寄生虫。在某些诊所和您的全科医生处，拭子需要送到实验室进行分析才能得到诊断。

阴道样本的准确性更高，阴茎和尿液样本的准确性更低。

## 网上预定预约

您可能可以通过网上预约系统在线预订性传播感染疾病测试的预约。不同地区的NHS有所不同。

[性健康服务网上预约系统](#)

## 治疗滴虫

fallopian tubes. This could lead to problems such as infertility and ectopic pregnancy.

The infection can sometimes spread to the testicles causing pain, swelling and inflammation. It can also affect the bladder and urethra causing pain when peeing.

### **Avoiding passing on trichomonas to a partner**

It's advised that both you and your partner(s) are treated if you have the infection.

You should avoid having sex until one week after you and your partner(s) treatment has finished.

### **Reducing the risk of trichomonas**

The best way to prevent all sexually transmitted infections is to practice safe sex. This means using a condom for vaginal, oral or anal sex.

### **Other STI's**

If you have been diagnosed with trichomonas, it's recommended you're tested for all STI's including:

- chlamydia

抗生素将消除感染。您应该等到您和您的伴侣治疗后一周，再开始发生性行为。

如果您的感染得不到及时治疗，您可能会将其传染给其他性伴侣。

当感染进入子宫和输卵管时，滴虫有时会导致其他更严重的问题，例如盆腔炎。这可能导致不孕和异位妊娠等问题。

感染有时会扩散到睾丸，引起疼痛，肿胀和发炎。它还会影响膀胱和尿道，导致排尿时疼痛。

### **避免将滴虫传播给伴侣**

如果您感染了滴虫，建议您和您的伴侣都接受治疗。

在您和伴侣的治疗结束后一周之后，才可以发生性行为。

### **减少感染滴虫的风险**

预防所有性传播感染的最佳方法是进行安全的性行为。这意味着使用避孕套进行阴道性交、口交或肛交。

- gonorrhoea
- syphilis

## 其他性传播感染疾病

如果您被诊断出感染了滴虫，建议您对所有性传播感染疾病进行测试，包括：

- [衣原体](#)
- [淋病](#)
- [梅毒](#)

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