



Vaginal Brachytherapy Care after Treatment

After brachytherapy treatment:

You may experience some vaginal discharge. The radiation may also cause diarrhea, vaginal irritation, fatigue, and bladder irritation, which may last for several weeks after your last treatment. Refer to your *National Cancer Institute Radiation Therapy and You* booklet or talk to your doctor or nurse about how to manage these side effects.

Douching:

Three days after your last treatment you should begin douching daily with a solution of peroxide and water, and continue to do so until your Radiation Oncology doctor tells you to stop (usually 2-4 weeks). Douching is done to help remove tissue that has been harmed by radiation, allowing healthy tissue to heal. It also helps prevent infection and vaginal scarring that can make vaginal exams and intercourse difficult or painful.

Douche Once a Day Using These Instructions:

- Mix 2 tablespoons of hydrogen peroxide and 1 cup of water.
- You can purchase douche bags at your local drug store. You can also purchase douching bottles or a Summer's Eve® kit. Empty the contents of the bottles; wash them out and then use the hydrogen peroxide recipe listed above.
- You can add more water to the solution if you feel irritation or burning.
- Clean the applicator with peroxide after each use.
- Stop douching when your Radiation Oncologist doctor tells you to.

Follow-Up

A follow-up appointment will be scheduled for about one month after treatment has ended. At this visit your nurse practitioner will discuss vaginal rehabilitation and sexual health.

Please call the doctor if you have any of the following:

- Heavy bleeding, soaking a pad in one hour
- Uncontrolled diarrhea
- Pain when urinating
- Temperature greater than 101. degrees Fahrenheit

Who to call with Questions:

Call the Radiation Oncology Department at (734) 936-4300 Monday - Friday from 8:00 am to 5:00 pm.

On weekends, holidays or after 5:00 pm on weekdays, call the paging operator at (734) 936-6267. Ask to have the On-Call Radiation Oncology Resident paged.

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Document:01565 Last Revised: 11/2014