



Pelvic Brachytherapy Discharge Agreement (Cylinder or Ring and Tandem)- (For people assigned female at birth)

Date: _____

Applicator Used:

- Cylinder
- Ring and tandem

What are my instructions after my procedure?

Until further notice:

- Do not do any of the following:
 - Intercourse
 - Douching
 - Tampons
 - Swimming
 - Hot tubs
 - Baths

When will my follow-up appointment be?

Our scheduler will set up a 6 week return visit with Jinny Kim NP. This appointment is to check that you are recovered from the brachytherapy, and to discuss vaginal rehabilitation and vaginal dilators. The plan for following up will also be discussed.

What symptoms should I expect?

- **Fatigue** - increase your activity as tolerated, take rest periods as needed.
- **Urinary irritation** - you may have slight burning and urinate more frequently. Monitor yourself for increasing or worsening symptoms.

- **Clear vaginal discharge** – monitor your vaginal discharge and notify the clinic if it is:
 - Thickening
 - Has a creamy appearance
 - Has an odor
- **Vaginal bleeding** – there may be some spotting for 1 or 2 days.
- **Abdominal cramping**- Take Tylenol as needed (do not take more than 3,000mg in a 24-hour period) or Ibuprofen as needed (do not take more than 2,400mg in a 24-hour period).
- **Diarrhea** - take Imodium for diarrhea.
- **Nausea** – try eating small, frequent meals and drinking plenty of fluids such as ginger ale or ginger tea.

When should I call the doctor?

Notify your doctor or go to the emergency room if you have any of the following symptoms:

- Heavy vaginal bleeding (soaking a pad in an hour)
- Uncontrolled diarrhea (more than four watery stools in a 24 hour period)
Not controlled by taking Imodium
- Vomiting, unable to keep food and fluids down
- Pain when urinating
- Difficulty or inability to urinate
- Cloudy urine
- Blood in urine
- Temperature greater than 101 degrees Fahrenheit

What is the contact information?

- Monday-Friday 7am-5pm:
 - For questions or concerns call Radiation Oncology at: (734) 936-4300.
- For urgent matters on weekends, holidays or after 5pm on weekdays:

- Contact the page operator Tel: (734) 936-6267 and ask to page the **On-Call Radiation Oncology Resident.**

Reminders for future treatments (2,3,4,5):

- Do not drink for 3 hours before your treatments.
- To avoid discomfort, nausea, and bowel movements before treatment, eat something light. Avoid:
 - Foods that usually upset your stomach
 - Foods that irritate your bowels
 - Heavy meals

Signatures/date:

I have received the instructions above; I will arrange for follow-up care as instructed.

Patient/caregiver signature:	Date:
MD/NP/RN signature:	Date:

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Author: Jill James BSN RN
 Reviewer: Shruti Jolly MD
 Edited by: Karelyn Munro BA

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