



Pelvic Brachytherapy Discharge Agreement (Interstitial/Ring and Tandem Hybrid/Triple Tandem)- (For people assigned female at birth)

Date: _____

Brachytherapy Implant:

- Interstitial
- Ring and Tandem Hybrid
- Triple Tandem

Medication: Morphine PCA via inpatient team

What are my instructions after my procedure?

Until further notice:

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

On this date _____ (10 days after completion of your brachytherapy:

- Begin to douche once a day with a mixture of 2 tablespoons of hydrogen peroxide in 8 ounces of tap water at a comfortable temperature.
- Continue to douche once a day until your return visit in 6 weeks.
- Please see handout provided for further information.

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. You will also discuss the plan for following up. You will receive discharge information from your inpatient team relating to your medication and hospital stay.

What symptoms should I expect?

- **Fatigue** – increase your activity as tolerated, take rest periods as needed.
- **Abdominal Incision** – If you have a surgical abdominal incision, do not lift/push/pull anything greater than 10 pounds for six weeks. Avoid straining when having bowel movements and take stool softeners if needed.
- **Sore and swollen perineum (site of implant)-**
 - Use cushions for sitting
 - Place a cold compress (or a bag of frozen peas in a pillow case or towel) on the implant site for 15 to 20 minutes with at least 1 hour between applications
 - Use sitz baths to relieve skin irritation. Add Domeboro powder to the sitz bath water for added relief.
 - You may use Aquaphor outside of the vagina to help with soreness, dryness and irritation.
 - Pour water over the implant site when urinating to relieve burning if your skin is irritated.
- **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, or bleeding similar to a period for a week.
- **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**.

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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