What should I expect after brachytherapy treatment?

After brachytherapy treatment you may experience the following symptoms from your radiation:

- Vaginal discharge
- Diarrhea
- Vaginal irritation
- Fatigue
- Bladder irritation

These may last for several weeks after your last treatment. Use your *Radiation Therapy and You* (National Cancer Institute) booklet or talk to your doctor or nurse about how to manage these side effects.

Start douching (as instructed below) once a day on this date:

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Douching instructions:

10 days after your last treatment (on the date above) begin douching once a day with a mixture of peroxide and water (recipe below). Continue to do so until your Radiation Oncology doctor tells you to stop (usually 4-6 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.

- Stop douching when your Radiation Oncologist doctor tells you to.

Douching mixture:

- Mix 2 tablespoons of hydrogen peroxide with 1 cup (8 ounces) of water at a comfortable temperature.
- 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.
What follow-up care will I receive?
A follow-up appointment will be scheduled for about 6 weeks after treatment has ended. At this visit your nurse practitioner will discuss vaginal rehabilitation and sexual health.

When should I call the doctor?
Call your doctor if you have any of the following symptoms:
- Heavy bleeding (soaking a pad in one hour)
- Uncontrolled diarrhea
- Pain when urinating
- Difficulty urinating or unable to urinate
- Lower abdominal (belly) or back pain
- Cloudy urine
- Blood in urine
- Temperature greater than 101 degrees Fahrenheit

What is the contact information?
- Monday - Friday from 8:00am to 5:00pm:
  o Call the Radiation Oncology Department at (734) 936-4300
- On weekends, holidays or after 5:00 pm on weekdays:
  o Call the paging operator at (734) 936-6267. Ask to have the On-Call Radiation Oncology Resident paged.