

HIGH DOSE RATE BRACHYTHERAPY

GYNECOLOGICAL TREATMENT RECOMMENDATIONS FOR THE END OF TREATMENT

Following are the main recommendations for the end of your treatment.

- Use a mild soap (for example, Dove) for about ten days after your final brachytherapy treatment.
- Avoid taking perfume baths (bubble bath, scented shower gel, etc.) for two weeks after your last brachytherapy treatment.
- Wait for a minimum of 15 days before having sexual intercourse. It may be necessary to use a lubricant. You may also feel an unusual sensitivity during sexual intercourse.
- If you or your partner have questions or concerns related to your sexual life after the treatments, a sexologist at the Hôpital Fleurimont of the CIUSSS de l'Estrie – CHUS is available to meet you and provide assistance.

POSSIBLE SIDE EFFECTS

Please note that the treatment will continue to act within your body even after you have ended your visits. Certain side effects may appear, persist or worsen in the week after your final appointment. Possible side effects are:

- fatigue
- discomfort or sensitivity in the treated area
- diarrhea
- vaginal dryness
- unusual sensitivity
- vaginal discharge and/or bleeding
- a burning sensation when urinating.

SIGNS OF COMPLICATIONS TO WATCH FOR

Notify the brachytherapy team immediately if you experience the following symptoms at the end of your treatment.

If you did not have chemotherapy: a fever higher than 38.3°C for more than 24 hr. (take temperature orally);

If you had chemotherapy: a fever above 38.3°C (take temperature orally);

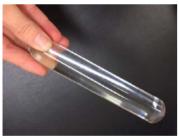
- persistent or increasing pain at the treated area;
- any other symptom that worries you.

VAGINAL DILATOR

If the radio-oncologist recommended that you use a vaginal dilator, you should wait for around ______ weeks before beginning to use it. A member of the team will give it to you and explain how to use it. Regular use of the dilator will allow the vaginal tissues to become more flexible and maintain their elasticity, which will facilitate gynecological examinations and sexual intercourse.

USE OF THE VAGINAL DILATOR

Generously apply a water-based lubricant (available at the drugstore) on the dilator before each use (do not use vaseline). Insert the dilator into your vagina and leave it in place for about 30 seconds. Depending on your tolerance, move it up and down and from left to right. Wash the vaginal dilator in soapy water after each use. We recommend that you use it 2 to 3 times per week.



Vaginal dilatator

IMPORTANT Insert the round tip of the vaginal dilator first.

FOLLOW-UP

At the end of your brachytherapy sessions, your radio-oncologist will make a follow-up appointment with you. You will receive a letter indicating the date and time of your appointment.

You must also make a follow-up appointment with your gynecologist.

INFORMATION



You can reach the brachytherapy team at 819 346-1110, ext. 14602, Monday to Friday, between 8 am and 4 pm.



If the clinic is closed, call Info-Santé at 811.



Should any of the symptoms listed above worsen, go to the nearest hospital emergency department.

NOTES

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Revision and layout

Direction des ressources humaines, des communications et des affaires juridiques

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