
Oncology Directorate and Haematology SDU

Vaginal Care following Pelvic Radiotherapy or Brachytherapy

Radiotherapy may cause scarring and narrowing of the vagina. This can make it difficult for your doctor to examine you at follow-up appointments and can make normal sexual intercourse uncomfortable.

To help minimise this problem you have been given a dilator kit. This kit contains a range of plastic tubes of various sizes which dilate or stretch the vagina. This helps the muscles of the vagina to relax and prevents scar tissue developing.

It is advisable to use a water-soluble lubricant, such as KY jelly. This will help to keep the lining of your vagina moist and supple.

We recommend that you start using the dilators one week after completing your radiotherapy treatment, as long as any soreness has begun to settle down. The dilators should be used at least three times a week and current evidence suggests that the development of scar tissue is best prevented by using the dilator indefinitely.

Once you are sexually active again the dilators need not be used on the days that you have sexual intercourse.

Slight bleeding or spotting may occur during intercourse or after using the dilators during the first few weeks. However, if the bleeding persists or is unduly heavy, it is advisable to contact your doctors or specialist radiographer.

Using a vaginal dilator

1. Place the lubricating cream on the rounded end of the dilator and around the entrance to the vagina.
2. Lie on your back with your knees slightly bent or stand with one foot on the bath or on a stool.
3. Insert the dilator gently into the vagina as far as is comfortable. The dilator should be inserted and withdrawn in a forward and backward motion, then a left to right motion, if possible gently rotating the dilator in a small circular motion. Withdraw and reinsert the dilator for a total of 5-10 minutes.
4. Remove the dilator slowly (rotating in a clockwise/anticlockwise movement if possible.)
5. Clean the dilator with warm, soapy water and rinse thoroughly.

Your Specialist Gynaecological Radiographer can be contacted on the following telephone number: **01223 216580**.

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: patient.information@addenbrookes.nhs.uk

Cantonese

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Turkish

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Bengali



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