

Vaginal Dilation Information for Patients Receiving Treatment for Cancer of the Endometrium

This information is for people receiving 4 cycles of chemotherapy, pelvic radiation, about a 3 week recovery period, and then receive 2 more cycles of chemotherapy.

Unless your chemotherapy has been delayed because of low blood counts or other complications, or unless you have been told otherwise, wait 2 weeks after your last radiation treatment and then begin dilating.

You may continue dilating until the day you begin chemotherapy again.

Stop dilating through chemotherapy. Once you have completed your last chemotherapy and it has not been delayed because of low blood counts, wait 2 weeks and then begin dilating. If your chemotherapy becomes delayed due to low blood counts or other complications, ask chemo doctor or nurse practitioner when it is safe to start dilating again.

If you are not dilating by week 7 or 8 after your radiation, contact the radiation therapist or nurse.

Continue to have pelvic exams into the future unless you have been told otherwise.

Please take the time to watch the teaching video and read the booklet “Use of Vaginal Dilators Following Radiation Therapy to the Pelvis” to learn about this important part of your recovery.

To watch and listen to this teaching video, you can type this full link into your internet browser search bar:

- <https://vimeo.com/showcase/4902954/video/547927391>

This video is 41 minutes long. You can press pause to watch at your pace, take notes or replay it any time you need. As you are watching the video, write down any questions you have and bring them to your next appointment.

Please contact your radiation nurse or radiation therapist if you have trouble finding this video online. If you need this information in another language, please let us know and we will provide a translator.

If you are having trouble dilating (especially if it is after 8 weeks since finishing your radiation), if you need support, or can't find the right dilators or lubricants, contact the radiation nurse or radiation therapist in the radiation department where you received your treatment for some guidance and/or support. You may need to leave a message and we will return your call as soon as possible.

To contact your radiation oncology team regarding questions about vaginal dilation,

- Halifax, please call **902-473-6067**
- Cape Breton, please call **902-567-8100**

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!*

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The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider. The information in this pamphlet is to be updated every 3 years or as needed.