

# HDR Brachytherapy for Gynecological (female) Cancers

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## Going Home

Today you have had a brachytherapy treatment. This pamphlet will answer some of your questions about your care at home.

## What can I do?

- Rest quietly today.
- If you have been given medicine to relax you or if you were put to sleep, over the next 24 hours do not:
  - › Drive
  - › Run a machine (like a lawn mower)
  - › Drink alcohol
  - › Sign any legal papers
  - › Take care of small children or be a main caregiver

## How will I feel?

- Bleeding
  - › You may have some light bleeding or discharge from the vagina when you go home. Use a sanitary pad, not tampons. The bleeding or discharge should get less over the next few days.
- Pain
  - › You may have period-like cramps for a few hours. Medicines like Ibuprofen (Advil®) may help.
- Passing urine
  - › You may have a burning feeling when you pass urine. This may be from the catheter that was put in during the treatment. Drink 6 to 8 glasses of water or juice the day after your treatment. If you continue to have burning or a hard time passing urine, call your doctor.

**What are your questions? Please ask.  
We are here to help you.**

- Bowel Movements
  - › You may notice a change in your usual pattern of bowel movements. This may be caused by radiation.
- Sexual Activity
  - › Do not have sexual intercourse once you start your brachytherapy treatments. You may return to sexual intercourse two weeks after your brachytherapy treatments are finished as long as you do not have pain, large amounts of bleeding, or an infection.

**Go to the Emergency room if you have any of these things:**

- Fever – a temperature over 38.5°C or 101°F
- A hard time passing urine
- Heavy vaginal bleeding – soaking a pad every hour
- Severe stomach pain.

**What if I have Questions?**

Please feel free to ask your health care team any questions you have about your treatments.

Doctor: \_\_\_\_\_

Nurse: \_\_\_\_\_

Phone Number 902-473-6067 - choose option 1 to leave a message for your Oncologist or Nurse. If you have any problems from your treatment after hours, call 902-473-2220 and ask to speak to the Radiation Oncologist.

Your next appointment:

\_\_\_\_\_

**Looking for more health information?**

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Contact your local public library for books, videos, magazines, and other resources.  
For more information, go to <http://library.novascotia.ca>

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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.

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