

Example: Home Care Instructions after High Dose Rate Gynecologic Brachytherapy – VAGINAL CYLINDER

Please keep your next appointment: _____

Diet- begin with liquids such as soup or juice and progress to regular diet as tolerated

Medications: Please call our office for questions about medications, allergies and reactions

Usual prescriptions: please resume your usual medications unless otherwise instructed

Pain: you may experience discomfort for several days after the procedure. It is typically relieved by Tylenol (acetaminophen).

Difficulty with urination: If you experience burning while urinating, you may take Pyridium. A generic version of this medication is available over-the-counter at your pharmacy. Make sure you also drink plenty of water, decrease intake of acidic food/drink, and take warm water (sitz) baths if you are experiencing burning when urinating. Do not use bath salts or strong soaps.

Activities:

- You may bathe normally. Avoid irritating soaps such as soaps that contain alcohol or strong perfumes.
- Avoid rubbing the perineum when drying after bathing.
- A sitz-bath taken 2-3 times per day (especially after bowel movements) may provide comfort.
- Be patient with urination. Do not strain. Drink plenty of water and take sitz baths to relax urinary sphincter/bladder.

CALL OUR DOCTORS OR GO TO THE THE EMERGENCY ROOM IF:

- you are actively bleeding
- you have pain not relieved by Tylenol or if pain is increasing in severity
- you have a temperature over 101 degrees Fahrenheit
- you develop excessive drainage, or drainage appears cloudy or contains pus
- you are unable to empty your bladder or it is causing significant pain

IF YOU ARE IN DOUBT ABOUT WHAT TO DO OR IF YOUR SYMPTOMS ARE URGENT OR CONCERNING, GO TO YOUR NEAREST EMERGENCY ROOM. AFTER YOUR VISIT, PLEASE BE SURE TO LET US KNOW YOU HAVE BEEN TO THE HOSPITAL.

Business hours contact information: _____

AFTER HOURS CONTACT INFORMATION: _____