



# Personal Care: Internal Radiation Therapy

## What is internal radiation treatment? (Brachytherapy)

- Brachytherapy is a precise radiation treatment delivered internally to treat patients for cancer.
- This treatment limits radiation exposure to healthy tissues.
- 3 to 6 treatments may be required.

## How do I receive each treatment?

- Treatments will be scheduled by the nurse for a period of 2-3 hours, but the actual time will vary.
- The doctor will insert special devices during a pelvic exam
- Once properly positioned, a team of physicists will create a custom plan for that day's treatment.
- Treatment is delivered within 6-10 minutes once approved by the doctor.

## Are there side effects to treatment?

Although the actual treatment is painless, there may be side effects including:

- Urinary tract irritation
- Loose bowel movements/diarrhea
- Vaginal discomfort, burning or discharge
- Spotting or light vaginal bleeding
- Fatigue and tiredness
- Soreness within the vagina

## How should I treat side effects?

Urinary Irritation:

**Pyridium**- can soothe bladder pain

Loose Bowel Movement/Diarrhea

**Immodium**- up to 8 per day

Prescription strength medicines

Vaginal discomfort/burning/discharge

Start douching 2-3 times/day

## DOUCHING INSTRUCTIONS:

(Kit provided by nursing staff)



## Mix into holder:

**1-2 caps hydrogen peroxide**

**1 quart lukewarm water**

1. With mixture in bag, sit on toilet.
2. Insert applicator into vagina, allow fluid to drain into toilet.
3. May repeat as necessary.

**Call your doctor with any questions or concerns during treatment.**