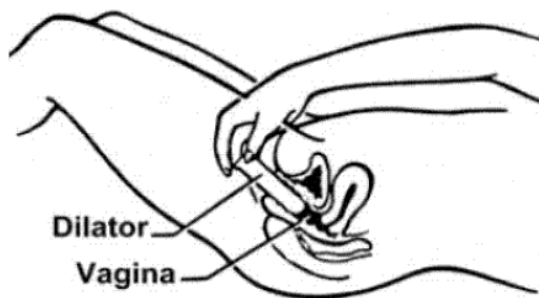




## Dilator Instructions for Gynecology Patients

After you have completed treatment, follow these instructions at home.

- You may feel more tired than usual for several days. If so, take frequent breaks and rest periods to regain your strength.
- You will be given a dilator. Although it will feel uncomfortable at first, it is very important to use your dilator because it will help to keep your vagina from shrinking and closing up. After the scar tissue is stretched, it will become more relaxed.
  1. Begin using it 5 to 7 days after your treatment is completed. Use the dilator once every other day for 5 to 10 minutes each time.
  2. Simply lie on your back with your knees apart and insert the rounded end of the dilator into your vagina as far as it will go without causing pain (see diagram below).
  3. Leave it inserted for 5 to 10 minutes. A water-soluble lubricant, such as K-Y Jelly®, may make using the dilator more comfortable.
  4. Wash the dilator with soap and water before and after each use. Continue using the dilator until your doctor tells you to stop.



Insertion of Dilator

- Sexual activity may be resumed as soon as it is comfortable (usually 7 to 10 days). If you had a hysterectomy or surgery as part of your cancer treatment, check with your doctor about when to resume sexual activity. Once you do resume sexual activity, you may want to use a water soluble lubricant. **You are not radioactive, so your partner does not need to worry about being exposed to radiation.**



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*This material is provided for informational purposes only as a service of the Gynecologic Disease Center. It is not intended to provide comprehensive coverage of the subject or to suggest a diagnosis or treatment modality. For further information on this subject, please contact your health care provider.*