Radiation Therapy – Vaginal brachytherapy

Diarrhea:
- Eat an easily digestible, low-fiber diet, high in protein and carbohydrates
- Avoid foods with seeds, nuts or tough skin
- Limit raw fruits and vegetables
- Avoid milk and highly-spiced foods (yogurt and cheese are generally okay)
- Avoid foods that have caused diarrhea in the past
- Avoid caffeine, alcohol and tobacco
- Drink plenty of fluids and sip slowly – apple juice, grape juice, 7-Up, ginger ale, Gatorade
- Eat small, frequent meals
- Do not skip meals
- May use over-the-counter anti-diarrheal medication for 10 days (Imodium, Kaopectate)

Discomfort when urinating:
- Drink plenty of fluids
- Avoid food and fluids that can be irritating to the bladder (coffee, tea, alcohol, tobacco, spicy foods)
- Drink cranberry juice
- May use over-the-counter Aquaphor ointment

Vaginal irritation and discharge:
- Avoid harsh soaps, perfume or powder in vaginal area
- May use water soluble ointment (external only) such as Aquaphor, KY Jelly
- If symptoms continue, call MercyOne Waterloo Cancer Center at 319-272-2800

Narrowing and dryness of vagina:
- Vaginal dilator may be given with instructions to avoid a scar tissue formation
- May use an over-the-counter, water soluble lubricant jelly
- Visit with your gynecologist for other suggestions