

## AFTER BRACHYTHERAPY COURSE

The staff nurse or radiation therapist will explain and arrange a vagina douching/dilation appointment for you.

You will also be given a follow-up (TCU) appointment with your doctor.

## IMPORTANT NOTE

If you experience severe pain over the abdominal area or severe bleeding soon after the treatment, please give us a call at 6436 8000 or proceed to A&E (after office hours).

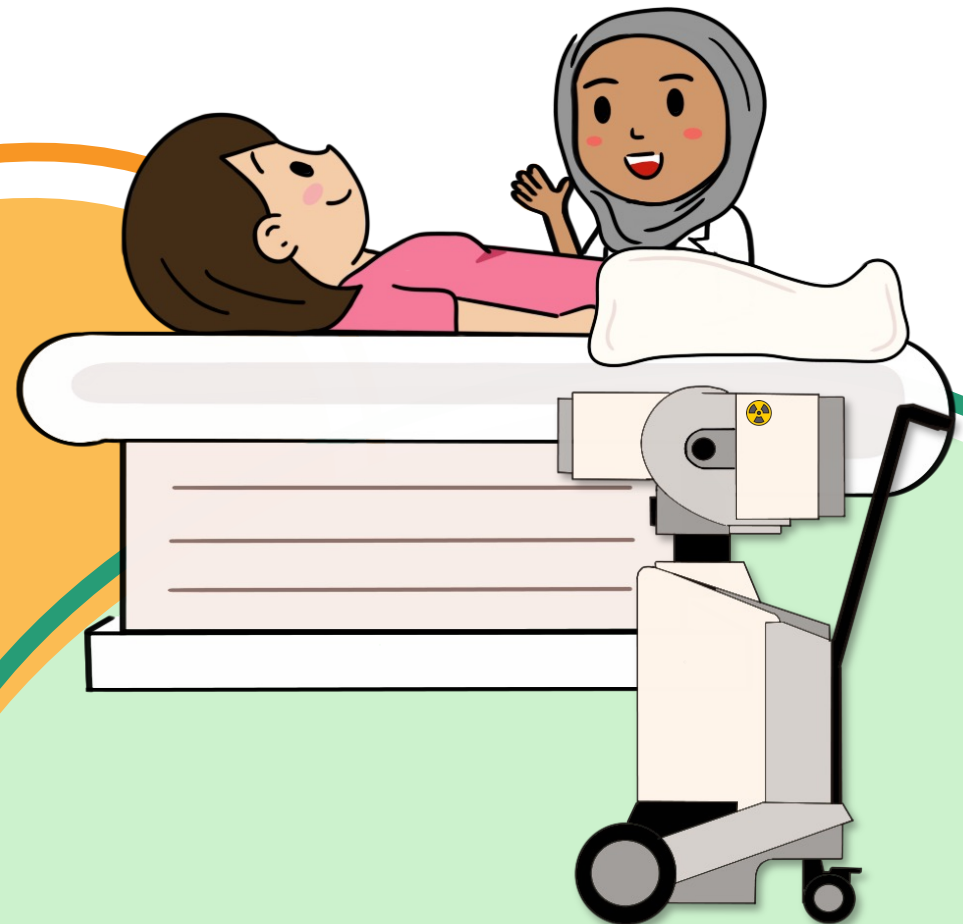
Please ensure that your appointment date and time are written clearly.

Please be punctual for your appointment and do inform us if you are not able to keep to the given appointments.

Do inform us if you need any medication or Medical Certificate (MC) before you leave the department.

You will need to pay a consultation fee at each visit.

# Simple Brachytherapy (Gynaecology)



For further enquiries, contact us at

**Division of Radiation Oncology**  
**National Cancer Centre Singapore**  
30 Hospital Boulevard  
Singapore 168583

Tel: 6436 8000 Fax: 6225 6283  
Website: [www.nccs.com.sg](http://www.nccs.com.sg)

You have been recommended by your doctor to receive **Brachytherapy**, which can be given alone or in combination with external beam radiation therapy to deliver a higher local dose to the tumour. Brachytherapy is given to lower the rate of local recurrence.

Brachytherapy of gynaecological cancer uses radioactive material that is inserted directly into the vagina and uterus via applicators. This allows a very high radiation dose to be concentrated onto the tumour with a lower dose to the surrounding normal healthy tissues.

## BRACHYTHERAPY PREPARATION



Please eat before the procedure

No fasting is needed



Inform the doctor or radiation therapist of any medication allergies



Empty your bowels the night before or in the morning of each brachytherapy session

## BRACHYTHERAPY PROCEDURE

You may receive 2 to 5 treatment sessions. Each treatment procedure may require you to spend about 1 to 2.5 hours in the department.

### 1. Examination & Insertion (30 Minutes)

You will lie on the couch with your legs raised and apart during the insertion process.

The doctor will clean the treatment area and do a vagina examination to ensure your surgical wound has completely healed before proceeding with brachytherapy. You may feel some minor discomfort.

The applicator will be lubricated with local anaesthetic gel and placed into the vagina area. The applicator will then be secured with straps and/or tapes.

If a CT scan is required, a urine catheter will be inserted. Contrast media will be put into both the bladder and rectum via catheters.

*\*Please indicate whether you have any drug allergies.*

### 2. Imaging & Treatment Planning (75 Minutes)

On the first treatment, a CT scan will be done with the applicator in place to acquire images needed for treatment planning purposes. CT scans may be required for subsequent brachytherapy sessions if clinically indicated.

After the images have been acquired, you will be required to rest for 45-60 minutes while the treatment plan is being generated.

Once the plan is ready, X-ray images will be taken to verify the position of the applicator. Your doctor will then do a final check on the X-ray images and treatment plan before starting the treatment.

### 3. Treatment Delivery (15 Minutes)

The radiation therapists will connect the applicator to the treatment machine. Once the radiation treatment is ready to begin, all staff will leave the treatment room.

You will be monitored closely through Close Circuit Television (CCTV) throughout the duration of the treatment. Please refrain from moving at this time. If you require assistance, please raise up your hand and the staff will attend to you shortly.

Upon completion of the treatment, the Staff Nurse will remove the applicator/s and gauzes. You may go home after that.

## IMMEDIATE SIDE EFFECTS

Side effect often last from a few days up to 2 weeks. Please inform the doctor or radiation therapist if you experience any side effects at the next appointment.

#### PAIN ON URINATION

Drink plenty of plain water  
Cranberry juice and/or barley water is recommended

#### DIARRHOEA / CONSTIPATION

If you have diarrhoea, please reduce fibre intake (ie. fruits and vegetables). If you are experiencing constipation, increase fibre intake.

#### ABDOMINAL / VAGINAL PAIN

Take pain relief medication (e.g. paracetamol) if pain is persistent

#### PELVIC SKIN REACTION

Redness and itchiness may occur

#### SLIGHT BLEEDING

Bring along a sanitary pad