

Inserting a Vaginal Dilator

General Information

After menopause, most women have some changes in their vagina. Some cancer treatments also cause changes. Your healthcare provider has suggested that you use a vaginal dilator. It will lessen some of the changes. It can help to:

- Prevent narrowing.
- Keep your vagina more elastic.
- Make it more comfortable to be examined.
- Allow you to have vaginal intercourse with less discomfort.

Using a dilator regularly should become a part of your routine. It will let your doctor or nurse practitioner do a more thorough pelvic exam at your office visits.

Instructions

Inserting a vaginal dilator is simple. It should not cause any discomfort. If you have not used a dilator before, start with a dilator set. Begin with the smallest size. Use it for at least three weeks before moving to the next size.

1. Lubricate the dilator well. Use a water-based lubricant such as Astroglide®. Do not use Vaseline®.
2. Lie on your back, bend both knees, and spread your legs apart.
3. Using gentle pressure, insert the round end of the dilator into your vagina. Insert it as far as you can comfortably. Using a dilator should not be painful. If you have any pain, remove the dilator and use a smaller size. If you still have pain, remove the dilator and call your doctor or nurse for instructions.
4. Leave it in for 10 minutes before removing it. Remain lying on your back while the dilator is in place. Continue this daily for 10 days and then three times per week, unless you have been given other instructions by your doctor. Music or TV may help you relax while you are using the dilator.
5. Wash the dilator with soap and warm water and dry it with a clean towel after each use.

If you have any questions or problems, please contact your doctor's office.

Doctor: _____ Telephone: _____

Nurse: _____ Telephone: _____

