Vaginal Dilator Instructions
Patient Education

General Information

Vaginal dilators are often used after radiation to the pelvis, cervix, vagina, or anal area. After radiation treatment scar tissue tends to develop in the vagina, causing it to narrow. The dilator expands the vagina so that your doctor can examine it during follow-up visits. Your doctor or nurse will tell you how often and for how long you should use a vaginal dilator.

Instructions

Inserting a vaginal dilator is simple and should not cause any discomfort.

1. Lubricate the dilator generously with a water-based lubricant such as Astroglide or K-Y Jelly. Do not use petroleum jelly (e.g. 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. Make sure that the dilator is inserted as deeply as is comfortable for you.

4. Leave it in for 10 minutes before taking it out. Remain lying on your back while the dilator is in place.

5. Wash the dilator with soap and warm water and dry it with a clean towel after each use.

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