While you are getting external and internal radiation treatments, you will have a white vaginal discharge. This discharge will have an odor. The effects of the radiation keep working for the next 4 to 6 weeks after the treatments are over.

**Douching will help:**

- Lessen the discharge.
- Control odor.
- Healing.

**How to mix the douche solution:**

- Pour 4 cups of warm water into a clean douche bag.
- Add one tablespoon of hydrogen peroxide to the bag.
- Mix well.

**How to give yourself a douche:**

- Find a place near the toilet to hang the bag.
- Sit on the toilet to douche.
- Gently put the nozzle into your vagina as far as you can.
- Sometimes it is easier to insert the nozzle if it is wet.
- Let all of the mixture flow into your vagina and out into the toilet.
- Remove the nozzle after all the solution has drained.

**How to care for your douche bag:**

- Rinse the douche bag, nozzle, and tubing with warm water each time after using it.
- Let the douching equipment dry completely before you put it away.
Remember:

- Douche twice a day for as long as your doctor tells you to do so.
- Your douche bag and nozzle are private items. Your douche bag should not be shared with anyone.

This document is intended for use by staff of Stanford Hospital and Clinics. No representations or warranties are made for outside use. Not for reproduction or publication without permission. Direct inquiries to Stanford Hospital and Clinics. Radiation Therapy 11/2010.