

What is a vaginal dilator?

A vaginal dilator is a plastic shape that is used to stretch (widen and lengthen) the vagina. They come in a range of sizes to allow gradual stretching of the vagina.



Two commonly used types of dilators

Why has this treatment been recommended for me?

Vaginal dilation is used in adolescents or women whose vagina is too small or short to allow sexual intercourse due to previous operations or because the vagina was not fully formed at birth.

It is also used to maintain the size of a vagina that has been created by surgery.

How do I use my vaginal dilators?

You will be supported by your hospital team throughout the process of vaginal dilation. If you have any concerns, do not hesitate to contact your team. You will be given a set of dilators at your hospital visit.

Please note that it can take 3-6 months or longer for the vagina to be stretched, try to be patient!

Here are some tips to help the process of dilation:

- Ensure that you have privacy and plenty of time. It is useful if you plan ahead of time when you are going to dilate. Make sure you are not somewhere where someone can walk in on you or you will not be relaxed.
- Choose the correct size of dilator as recommended by your hospital team.
- Apply some KY jelly to the tip of the dilator.
- Find a comfortable position with your legs apart and your knees bent.
- Separate your labia (vaginal lips) and feel the entrance of the vagina with your finger (a mirror may help).

- Applying firm, gentle pressure, insert the dilator slowly into your vagina, pointing towards your lower back.
- At first, it may help to push the dilator as far as is comfortable, twist gently and pull back. Repeat this a few times.
- Once in as far as possible, and maintaining firm pressure on the dilator, it should be held in place for 20-30 minutes.
- After using your dilator, wash it with mild soap and warm water and dry.
- You may find it useful to record each session in a diary to chart your progress.

You may have a little bleeding as the vagina is stretched. This is normal and nothing to worry about. However, if you are concerned please contact your doctor for advice.

If you require support or information, please contact:

Ms Karen Donnelly
Advanced Nurse Practitioner
Gynaecology
Saint Mary's Hospital

Tel: 0161 276 8714

Mob: 0777 135 5411

Monday – Friday, 9.00 am – 4.00 pm



Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website www.nhs.uk - click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: pals@cmft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

**Paediatric and Adolescent
Gynaecology Service**
Saint Mary's Hospital
Oxford Road
Manchester
M13 9WL

No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on

Tel: (0161) 205 5998
(www.stopsmokingmanchester.co.uk).

Translation and interpretation service

These translations say "If you require an interpreter, or translation, please ask a member of our staff to arrange it for you." The languages translated, in order, are: Arabic, Urdu, Bengali, Polish, Somali and simplified Chinese.

اذا كنت بحاجة الى مترجم، او ترجمة، من فضلك اطلب من احد موظفينا ترتيب ذلك لك
اگر آپ کو ایک مترجم، یا ترجمہ کی ضرورت ہے، تو برائے کرم ہمارے عملے کے کسی رکن سے کہیں کہ وہ آپ
کے لیے اس کا انتظام کرے۔

আপনার যদি একজন দোভাষী, অথবা অনুবাদের প্রয়োজন হয়, দয়া করে আমাদের একজন
কর্মীকে বলুন আপনার জন্য ইহা ব্যবস্থা করতে।

Jeśli Pan/Pani potrzebuje tłumacza lub tłumaczenie prosimy w tym celu zwrócić się do członka personelu.

Haddii aad u baahantahay tarjubaan, fadlan waydii qof ka mid ah shaqaalahayga si uu kuugu.

如果你需要翻译或翻译员, 请要求我们的员工为你安排



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Saint Mary's Hospital

Vaginal Dilation

Information for patients and
parents/carers

