

Your care during radiation therapy to the pelvis

Your radiation treatment appointments

- Please arrive 10 to 15 minutes before your appointment time
- At the Level 0 reception desk, scan the barcode on your radiation schedule or check in with the receptionist, then go to the waiting area closest to your treatment unit.
- Appointments are usually every day, Monday to Friday. There are no scheduled treatments on the weekends or holidays. Appointments are not the same time everyday.
- Your treatment may be over several days or weeks and may start on any day of the week. We will give you a schedule of your treatment appointments.

Treatment appointment changes

- Your schedule may change while you are on treatment. We will try to give you as much notice as possible.



If you are unable to attend or will be late, please call us at 905-387-9495 ext. 63600 between 9 a.m. and 5 p.m.

If you are unwell, please call your Primary Team.

Questions

- If you have questions about your schedule, treatments or side effects, please ask your Radiation Therapist.

Your review appointments

- You will meet with a health care provider on a regular basis to check how you are doing. This may or may not be your doctor.
- When you come for each appointment, please complete a symptom assessment. You will be asked to rate different symptoms about how you are feeling along with your activity level. You can complete the Symptom Assessment at home on-line <https://isaac.cancercare.on.ca/> or on a touch screen computer at the JCC.
- By completing a Symptom Assessment you will help us understand how you are feeling. Together we can discuss what you need help with most and offer help.

Patient Assessment Office

- If you have concerns or problems related to radiation treatment on a day that you do not have a review appointment, you can see a nurse in the Patient Assessment Office (next to Clinic G). Your radiation therapist may direct or recommend that you go to the Patient Assessment Office.
- If your radiation treatment appointment is late in the day (after 4:00 pm), and you wish to see a nurse, you are welcome to arrive early. After you check in, walk over to the treatment area, speak with a therapist who will then direct you to the Patient Assessment Office.

While on treatment

- Treatment appointments are 10 to 20 minutes long. Most of the time is spent getting ready for treatment. The actual time of the radiation beam is usually a few minutes each day.
 - You will not feel the radiation at all. The therapist will guide you into the planned position and you will need to lie still and breathe normally. The machine makes a humming noise when treatment is being delivered.
 - During treatment, the Radiation Therapists leave the room, but will watch you on a TV screen and can communicate with you through an intercom. You can signal a Therapist by calling out or waving your hand.
 - You may need to prepare for your treatments. Your Radiation Therapist will inform you of any special instructions.
 - If you need a full bladder for treatment, you need to drink 1000 ml of water before your treatment. As a guideline, start drinking water 45 minutes before your treatment appointment. You should finish drinking the water at least 15 minutes before your appointment. Your bladder should be comfortably full. This will help keep your bladder and bowels out of the treatment area and lessen your side effects.
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Side effects

The side effects you may have will depend on:

- your general health
- any other treatments you may have had or are having
- the number of radiation treatments
- the location of your tumour or lesion



Your health care team will check for side effects.

Please tell them your concerns.

Most side effects begin during the 2nd week of treatment. They can gradually develop throughout treatment and continue after your treatments are done.

You may have these side effects:

- skin irritation, only in the treatment area
- anal discomfort
- diarrhea or other changes in bowel movements
- passing urine more often
- may experience burning when passing urine
- may have difficulty starting to pass urine
- fatigue
- sexual concerns

Take care of yourself

Please follow these instructions during your treatments and for at least 2 weeks after all treatments are done.

Skin

- Wash daily with warm water during a shower or bath.
- Use a mild non-deodorant soap such as Dove or baby soap.
- Wash gently and pat the skin dry with a soft cotton towel.
- Be gentle in areas where there are skin folds.
- Avoid scratching and scrubbing the treatment area.
- Protect the treated skin from all sources of heat or cold. Avoid hot water bottles, heating pads, ice packs and sun and wind exposure.
- Do not use other creams (including sunscreen), lotions and sprays on the treated area unless recommended by your primary team.
- Wear loose-fitting clothing made of soft material such as cotton, over the area being treated.
- Avoid placing adhesive tape or bandages on the treated skin.
- Talk with your primary team before swimming.

Activity and eating

- If you experience tiredness it may increase for a week after treatment but should gradually go away. Rest when needed, and pace your activities.
- Talk with your primary team before swimming or increasing your physical activity.
- Eat and drink to keep your nutritional and energy levels up. Changes in what you eat may be needed.



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