

# Radiotherapy for relief of symptoms

## Your treatment appointments

- A radiographer will collect you from the main oncology waiting area (A12) and explain the treatment to you and discuss possible side effects with you.
- You will have the opportunity to ask questions at this point.
- You will be shown to the changing room and asked to remove any necessary clothes and put on a gown.
- You will then be taken into the treatment room.
- The radiographers will position you on the treatment couch. The room lights will be dimmed, a light and green laser lights will be shone on your skin to line up the treatment area with the machine.
- The radiographers will leave the room to begin the treatment.
- **Should you need assistance they will be watching you on TV screens throughout your treatment.**
- When the machine is on it makes a buzzing sound, but the treatment is painless.
- X-ray images are taken daily to confirm your treatment position.

## Side effects

Most side effects are temporary and not all patients experience them.

- **Tiredness**
- **Sore skin**
- **Increase in pain and/or any other symptoms.** Any symptoms such as pain, breathlessness or cough may worsen temporarily as the treatment takes effect. Continue with any medications as prescribed until a Doctor or other health professional advises otherwise.

People respond at different rates to radiotherapy. Some patients begin to benefit from the treatment within a couple of days whilst for some it may be 4 - 6 weeks before they notice any change.

## Looking after yourself during and after your radiotherapy

- **Do** continue washing/bathing as normal.
- **Do** be gentle with your skin, pat dry.
- **Do** avoid extremes of temperature such as heating and cooling pads.
- **Do** keep the treatment area out of direct sunlight.
- **Do** increase your fluid intake – ideally two litres of water a day, minimise alcohol consumption.
- **Do** feel free to discuss any worries with the radiographers.
- **Do** read our 'Managing your Radiotherapy skin reaction' leaflet

**Smoking** can make your skin reaction worse – if you need help to stop please ask for advice

### What happens after your course of radiotherapy

After your course of Radiotherapy finishes you will receive a follow up appointment with your oncologist (you will be given an approximate date by the radiographers) A radiographer will give you an information leaflet about what you need to do upon completion of your course of radiotherapy.

### Radiotherapy department contact details

Telephone: 01225 824853      Monday-Friday 8am-3:30pm

Website: [www.ruh.nhs.uk/patients/services/radiotherapy](http://www.ruh.nhs.uk/patients/services/radiotherapy)

### Other useful phone numbers/websites

Bath RUH cancer information centre: (01225) 82 4049

Macmillan: [www.macmillan.org.uk](http://www.macmillan.org.uk)  
08088 080000

**Life after cancer** PocketMedic® have produced some patient information videos, available at [www.medic.video/swe15-cancer](http://www.medic.video/swe15-cancer) (Life after cancer)

Royal United Hospitals Bath NHS Foundation Trust

Combe Park, Bath BA1 3NG

01225 428331

[www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net) or telephone 01225 825656.