

Radiotherapy to the brain

Your treatment appointments

- A radiographer will collect you from the oncology waiting area (A12), explain the treatment to you and answer any questions you may have.
- You will then be taken into the treatment room, via the changing room.
- The radiographers will position you on the treatment couch. The room lights will be dimmed, a light and 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. When the machine is on it makes a buzzing sound, but the treatment is painless.
- Treatment to the brain is given from two or more different angles; these are checked every day prior to your treatment and X-ray images are taken to confirm your position.
- **The radiographers can see you throughout your treatment and are able to help you should you need assistance.**

Short term side effects

Most side effects are temporary and do not happen to all patients. They generally develop during the second half of a course of treatment and continue up to four to six weeks after a course has finished. Please inform the radiographers if you develop any of these side effects.

- **Tiredness**
- **Sore skin** in the treatment area
- **Hair loss** in the treatment area. **If you are interested in having a wig or head scarf please inform the radiographers as they can arrange for you to see the wig specialist.**
- **Headaches**

- **Nausea/sickness**

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** keep the treatment area out of direct sunlight.
- ✓ **Do** feel free to discuss any worries with the radiographers.
- ✓ **Do** take your dexamethasone (steroids) as prescribed.
- ✓ **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.

Radiotherapy department contact details

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

Website: 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
08088 080000

Life after cancer PocketMedic® have produced some patient information videos, available at 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

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 or telephone 01225 825656.