

Radiotherapy Planning and Treatment

Your planning appointment

Your first appointment will be a planning appointment in the CT simulator (a machine that takes detailed x-ray pictures required to plan your course of radiotherapy)

- A radiographer will collect you from the main oncology waiting area (A12) and explain the procedure to you.
- **You will have the opportunity to ask questions at this point.**
- You will need to remove some of your clothes so the radiographers can get to your skin in the area to be treated.
- The radiographers will position you on the couch. The room lights will be dimmed, a light and green laser lights will be used to enable accurate positioning of the area to be treated.
- During this appointment a series of images will be gathered to plan your treatment.
- Pen marks will be made on your skin (which can be washed off) and little permanent marks (tattoos) will be made.

If you haven't received your treatment appointments inform the radiographers at this appointment.



When you arrive for your first treatment session

- A radiographer will collect you from the main oncology waiting area (A12), 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 if desired put a hospital gown on.

Your treatment sessions

- You will be called from the waiting room to the changing room and asked to remove any necessary clothes and if desired put a hospital gown on.
- 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 the radiographers will be watching you on TV screens throughout your treatment.**
- Radiotherapy treatment can be given from one, two or more different angles, these are checked daily prior to treatment.
- When the machine is on it makes a buzzing sound, but the treatment is painless.

On your first day x-ray images are also taken which can make the procedure slightly longer. If you are having a long course of radiotherapy these images are repeated regularly throughout your treatment.



Short term side effects

Long Term Side Effects

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

Other useful phone numbers/websites

Bath RUH cancer information centre: (01225) 82 4049

Macmillan: www.macmillan.org.uk
08088 080000

Helen Hazell (01225) 82 4250/4034

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.