Important Contact Information

Radiation Therapy Reception
(709) 777-8206

Nutrition Reception
(709) 777-7604

Social Work Reception
(709) 777-7604

Daffodil Place
(709) 753-6520

Agnes Cowan Hostel
(709) 777-6831
(709) 777-6832

Cancer Patient Navigator
(855) 848-3888

Look Good Feel Better Program
Western (709) 634-6542
Central (709) 489-5822
Eastern (709) 777-6480
www.lgfb.ca

Nurse ________________
Phone # ______________
Radiation Treatment
∙ It is important to lay still and breathe normally
∙ The treatment cannot be seen, felt or smelled
∙ You will not be radioactive after treatment
∙ Each appointment takes about 15 mins
∙ It is important to follow therapists’ instructions

Treatment Preparation
Bladder Preparation
∙ Immediately before each treatment, empty your bladder

Side Effects of Treatment
Acute Side Effects: Those that happen during or shortly after treatment

Fatigue
∙ You may feel tired 3-4 weeks into treatment
∙ Rest when needed
∙ Eat a well balanced diet
∙ Drink plenty of clear fluids

Bowel Changes
∙ Diarrhea
∙ Use Imodium as per package directions
∙ Limit high fiber, fatty and fried foods
∙ Drink plenty of clear fluids
∙ Gas & Cramping
∙ Avoid carbonated drinks & chewing gum
∙ Avoid gaseous foods like turnip, onions, peas
∙ Rectal Discomfort
∙ Keep the area exposed to air
∙ Sitz baths may ease discomfort

Bladder Changes
∙ Frequent urination
∙ Weak urinary flow
∙ Increased urgency
∙ Burning during urination
∙ Drink plenty of clear fluids

Skin Care
∙ Skin in the treatment area may get irritated
∙ Avoid rubbing or scratching the irritated area
∙ Dove unscented soap is recommended
∙ Pat or air dry after a shower or bath
∙ Avoid creams or lotions in the treatment area
∙ Avoid hot water bottles, ice packs and heating pads in the treatment area

Late Side Effects: Those that happen months or years after treatment

Skin Changes
∙ Skin is firm, dry, or darkened in colour
∙ Permanent loss of hair
∙ Occurs over the radiation field

Erectile Dysfunction (15-30%)
∙ Rectal Bleeding (Rectal Proctitis) 10-15%
∙ Blood in stool or after a bowel movement

Blood in Urine (Haematuria) 5-10%
∙ May present as pink urine or small clots
∙ Caused by bladder irritation

Bladder Scarring (5-10%)
∙ May cause increased frequency, increased urgency or incontinence
∙ May cause narrowing of urethra (striction)

Hip Fracture (2-5%)
∙ Bowel Changes (less than 2%)
∙ Bowel narrowing, obstruction, ulceration or perforation

Directions for Sitz Baths
Fill bath with warm water (about 5 inches)
Add ½ cup baking soda and stir to dissolve
Sit in the water for 10-15 minutes
Repeat 2-4 times daily or as needed