

## 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](http://www.lgfb.ca)

Nurse \_\_\_\_\_

Phone # \_\_\_\_\_

# Radiation Therapy

**Bones**





## 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 treatment takes about 15mins
- It is important to follow therapists' instructions

## Side Effects of Treatment

### Treatment to the lower spine or pelvis

- Treatment to the lower spine or pelvis may cause the following:
  - Nausea, vomiting or decreased appetite
    - Try dry white toast, bananas or plain crackers
    - Eat small, frequent meals
  - Diarrhea
    - Use Imodium as per package directions
    - Limit high fiber, fatty or fried foods
    - Drink plenty of clear fluids
- The doctor can prescribe medications for these

### Mobility

- Radiation to the bones may make them weak
- With leg and pelvic treatment, avoid weight bearing on the treated side
- With arm treatment, avoid lifting or weight bearing on the treated side
- With spinal treatment, avoid excessive bending and heavy lifting

### Skin Care

- Skin in the treatment area may get irritated
- Avoid scratching the irritated area
- Use a mild soap like Dove unscented
- 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

### Fatigue

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

### *Patients receiving a **single** treatment:*

- Within 24-48 hours of your treatment you may experience a pain flare.
- This is caused by swelling from the single radiation treatment.
- This flare is temporary and should subside within 48 hours.
- If you are currently taking pain medication, continue to do so.
- If you are not taking pain medication, doing so may help ease discomfort.