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 treatment takes about 15 mins
- 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.