

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

Prostate Cancer Support Group
(855) 722-4636
support@prostatecancer.ca

Nurse _____

Phone # _____

Radiation Therapy

Prostate





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 15mins
- It is important to follow therapists' instructions

Treatment Preparation

Bladder Preparation

- 1 hr. before treatment empty your bladder
- Immediately drink 500ml of water
- Do not empty your bladder before treatment
- Do this each day before treatment
- Drinking plenty of clear fluids while on treatment will make it easier to fill your bladder
- Please notify a radiation therapist if you have problems keeping your bladder full

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

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

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

Hip Fracture (2-5%)

Bladder Scarring (2-5%)

- May cause increased frequency, increased urgency or incontinence
- May cause narrowing of urethra (stricture)

Bowel Changes (less than 2%)

- Bowel narrowing, obstruction, ulceration or perforation