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

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

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

Fatigue

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

Bladder Changes

- Frequent urination
- Weak urinary flow
- Increased urgency
- Burning during urination
- Drink plenty of clear fluids

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