

Radiation Therapy – Bladder

Radiation Treatment

- Treatment is painless - it is similar to getting an x-ray but with higher energy to treat cancer.
- Each treatment takes about 15 minutes - it is important to lie still and breathe normally.

Bladder Preparation

Empty your bladder right before each treatment.

Possible Side Effects *Always discuss new side effects with your radiation oncology team*

Bladder changes

- Frequency and burning on urination.
- Weak urinary flow.
- Increased urgency (immediate need to urinate).

Fatigue

- You may notice a decrease in energy level - rest when needed.
- Eat a well-balanced diet and drink plenty of clear fluids.

Rectal urgency

- Sensation to move bowels often.
- You may be prescribed suppositories.

Bowel changes - diarrhea, gas and cramping

- Do not change your diet unless advised by your health care team.
- You may be advised to take anti-diarrhea or anti-gas medication.
- Drink plenty of clear fluids.

Anal discomfort/irritation

- May cause a hemorrhoid flare.
- Keep the area exposed to air.
- Sitz baths may ease discomfort – directions:
 - 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

Skin reaction

- Use a mild unscented soap - after bathing, pat or air dry the treatment area.
- Temporary hair loss in treatment area.
- Avoid creams unless advised by your healthcare team.
- Avoid scratching the treatment area.
- Avoid extreme temperatures such as heating pads and ice packs.

Possible Late Side Effects (can happen months or years after treatment)

- Erectile dysfunction
- Skin changes in treatment area
- Rectal blood in urine
- Hip fracture
- Bladder scarring
- Bowel changes

Radiation Appointments

Radiation treatments are scheduled Monday-Friday, except on holidays.

You will be scheduled for a *Radiation Review Appointment* weekly when you begin your treatments. At this appointment you may see a nurse, nurse practitioner, physician or radiation oncologist.

Important Contact Information

General Directory

(709) 777-6480

Daffodil Place

(709) 753-6520 or toll free 1-888-753-6520

Extended Stay St. John's

(709) 777-6831 or 6832

Cancer Patient Navigator

St. John's (709) 777-2094/2368

Clarenville (709) 466-5763

Central (709) 256-5571

Western (709) 784-5010

St. Anthony (709) 454-3999

Toll free: (855) 848-3888

Look Good Feel Better Program (www.lgfb.ca)

Eastern (709) 777-6480

Central (709) 489-5822

Western (709) 634-6542

Going to miss an appointment?

Please call (709) 777-8206

**Please visit the Eastern Health Cancer Care website for more information
cancercare.easternhealth.ca**