

## **Radiation Therapy – Male Pelvis**

### **Radiation Treatment**

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

### **Bladder Preparation**

If you are required to have a full bladder:

- Drink 500 mL of water and have it finished 1 hr before your appointment time.
- Do not empty your bladder an hour before you arrive for your appointment.
- Notify a staff member if you have problems keeping your bladder full.

### **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)
- 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 – you can do this 2-4 times daily or as needed.
  - 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

#### **Fatigue**

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

## **Skin reaction**

- Use a mild unscented soap and after bathing pat or air dry the treatment area.
- Temporary hair loss may occur in the 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 radiation field
- Rectal bleeding
- 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 Navigators**

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](http://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](http://cancercare.easternhealth.ca)**