

Radiation Therapy – Stomach/Lower Esophagus/Pancreas/Biliary

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.

Possible Side Effects

Always discuss new side effects with your radiation oncology team.

Heartburn & indigestion

- You may be advised to take antacids or prescribed medication.
- Avoid alcohol and spicy foods.

Nausea & vomiting

- You may be prescribed anti-nausea medication.
- Drink plenty of fluids, especially water.
- When nauseated, try foods such as dry white toast, crackers, bananas, broth, and mashed potatoes.

Fatigue

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

Lack of appetite & weight loss

- Ask for a referral to a cancer clinic dietitian.
- It is important to maintain your weight while on treatment.
- Try eating small, frequent meals with higher calories and protein.

Bowel changes: diarrhea, gas & 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.

Skin reaction

- Use a mild unscented soap. After bathing pat or air dry 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.

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**