

After Your Radiation Therapy

Side effects may get worse before they get better. This is normal. They should start to improve 7 – 10 days after you finish treatment.

The skin in the treated area will sunburn more quickly than the rest of your body. When your skin has healed, protect it from the sun by keeping it covered or using a sunscreen SPF 30 (UVA/UVB) or higher.

You may or may not have a follow up appointment with your Radiation doctor.

If you have questions, please call 519-749-4380 to leave a message for your radiation doctor.

My Radiation Doctor: _____

My MRN: _____

Grand River Regional Cancer Centre

835 King St. W, Kitchener, ON

519-749-4380

www.grhosp.on.ca/cancerprogram



Waterloo Wellington
Regional Cancer Program

in partnership with Cancer Care Ontario



Radiation Therapy to Control your Symptoms

What side effects to expect

What is Radiation Therapy for Symptom Control?

The goal of radiation therapy is to control symptoms of cancer and improve quality of life. You may be given 1 to 10 radiation treatments. You may have side effects (changes) where your body is being treated with radiation.

If you have any side effects, or need to ask a question, talk to one of your health care team members:

- **Doctor**
- **Nurse**
- **Radiation Therapist**

Pain

Your pain in the treated area may get worse before it gets better. You may feel this pain flare up for a few days after your first treatment.

- Take your pain medication as prescribed

Nausea

You may get nausea (upset stomach) and vomiting (throwing up) if you get radiation treatment to your stomach (belly).

- Take your nausea medication as prescribed
- If you don't have a prescription, ask your health care team or pharmacist for advice

Bowels

You may get diarrhea (loose, watery poo) if you get radiation treatment to your pelvis.

- Cut back on fibre, such as fresh fruits and vegetables
- Drink lots of fluids
- If your diarrhea does not stop, ask your health care team or pharmacist for advice

Skin

Your skin in the treated area may feel warm, itchy and look red (like a sunburn). You should:

- Wash using warm water and mild soap
- Pat dry with a soft towel
- Do not rub, scrub, or scratch
- Don't use any creams or powders unless told to by your radiation team
- Cover the area from the sun, cold and wind
- Use an electric razor to shave in treated area
- You can use deodorant

Fatigue

Fatigue (being tired) is the most common side effect people with cancer feel. This is normal. Your fatigue may get worse with radiation therapy. You may feel weak or have low interest in daily tasks.

- Try to be active for 30min a day to increase your energy
- Improve your sleep
- Ask your health care team for advice

Depression and Anxiety

Cancer and its treatment can lead to depression or anxiety.

Depression is when you feel sad for a long time, making it hard to live your regular life. Anxiety is when you often feel worry, fear or are nervous.

- Ask for support from family, friends and your health care team
- Focus on good things in your life that you can control