

STARTING RADIATION TREATMENT

What to Expect For People Living with Cancer

Treatment Start Date

Your Radiation Therapist (RT) will fill out the information below:

Medical Record Number (MRN)	
Your CT Simulation appointment was done on:	
If you have not heard from our team by this date, call the cancer centre at: 519-749-4380 extension 5779	

Your Appointments

A printed copy of your appointments will be given to you on your first day of treatment. Your appointment times may change throughout the course of your treatment. For your most up-to-date schedule, sign-up for [My Connected Care](#).

Before each appointment:

- Arrive 10 to 15 minutes early. This will give you time to check in at the reception desk.
- Check in at the radiation reception desk on the main floor (3rd Floor) of the Cancer Centre.
- At your first appointment, you will get a wristband with your name and Medical Record Number (MRN). Keep this for all of your future radiation appointments.

Could you be pregnant?

At certain times, you may be asked about your pregnancy status. If you are pregnant, or think you might be pregnant, tell your healthcare team.

First Day Of Treatment

You may need to prepare ahead of time for treatment. If so, follow the instructions given to you at your CT simulation appointment. **Follow the instructions carefully for every treatment.**

The first appointment usually takes the longest. Please plan to be there for at least 30 minutes.

On your first day of treatment:

- A Radiation Therapist (RT) will come to get you from the waiting area.
- The RT will review your treatment procedure.
- The RT will answer any questions you may have.

You may need to change into a hospital gown for treatment. The RT will show you where to find change rooms. There are storage lockers that you can use to safely keep your personal things while you are being treated.

You are NOT radioactive after your treatment.
You can go about your regular, daily activities.

During Treatment

During your treatment appointments:

- 2 RTs will be treating you each time.
- They will uncover your body where you were given radiation tattoos.
- The RTs will put you in the same position as the CT simulation appointment. They use your radiation tattoos and/or positioning devices to do this. This will happen at each treatment.
- When you are in the right position, the RTs will leave the room to start the treatment. They can see and hear you at all times through a camera and intercom. **It is important to stay relaxed, breathe normally, and remain very still.**
- Remain still until your RT lowers the bed to a safe position and says your treatment is done.



2 Radiation Therapists preparing a patient for radiation treatment.

The RTs might take X-ray pictures of your body before your radiation treatment begins. This is to compare the pictures with the images from your CT simulation appointment. This will make sure you are in exactly the right position for your radiation treatment.

Side Effects

You may have side effects from the radiation. This happens when the radiation damages cancer cells and the healthy cells nearby. Side effects are different for each person. They only happen in the area being treated.

Talk to your Radiation Oncologist (RO), Radiation Therapist (RT), or Oncology Nurse about any changes you have. They will check on you over the course of your treatment and help you manage side effects.

The cancer centre is scent-free. Do not wear perfumes, colognes, or scented products when you come to the hospital.

Radiation Review

Once you have started radiation treatment, you will meet with your Oncology Nurse and/or RO weekly for a check-up, called **Radiation Review**. They will:

- Talk to you about side effects.
- Address any concerns you may have.
- Offer support(s) through the rest of your treatment.

You don't need to schedule these appointments. They are already scheduled for you close to your treatment time(s).

After Treatment

After you finish your radiation treatment your RO will decide if you need a follow-up appointment. This appointment allows your RO to check on you after treatment. You should continue to see your family doctor for any other medical needs outside of cancer care (e.g. your regular health checks, diabetes, rashes, etc.)

Resources

Visit the J. Wesley Graham Patient & Family Resource Centre for more information about cancer and supports. You can also scan or click the links below to access more information:



[Parking at WRHN
Cancer Centre](#)



[Guide to Radiation
Therapy](#)



[Caring For Yourself
During Radiation](#)



[Side Effects of
Radiation Therapy](#)



[How to Manage
Anxiety](#)



[How to Manage
Fatigue](#)

Use this resource for your information only. It does not replace medical advice from your doctor or other health care professionals.



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