

Information about radiotherapy



An easy read guide

What is radiotherapy?



Radiotherapy is a way of treating cancer.

It does this by using strong x-rays to kill the cancer cells.

Radiotherapy does not hurt.



Because you have cancer, your doctor wants you to have radiotherapy to see if this helps.



Staff at the cancer centre will tell you about your radiotherapy treatment.



You can ask the staff at the cancer centre questions and they can explain things to you.

Planning your treatment



This is a picture of a **CT scanner**. A CT scanner can show us a picture of inside your body.

We use the CT scanner to tell us where in your body you need to have radiotherapy.

Having the scan will not hurt.



You may need to take off some of your clothes for the scan.

Don't worry – we will give you a gown to wear.



You will need to lie down for the scan. Please keep very still and try not to move.

After the scan we will make some small, permanent black dots on your skin. These dots help us to get you into the right position for your radiotherapy.

Having radiotherapy



Your radiotherapy treatment will start about 2 weeks after your CT scan.



When you come to hospital, we will ask you to take off your clothes and put on a gown.



You will meet the radiographer. This is the person who will operate the radiotherapy machine.

He or she will help you to lie in the right position on the bed.



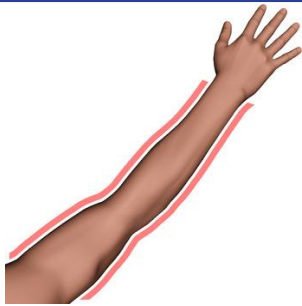
The radiotherapy machine will come close to you but it will not touch you. The machine will move around you to give your radiotherapy.

Having radiotherapy



The radiographer will have to leave the room to switch on the machine.

You will be on your own in the room for your radiotherapy treatment but we can watch you.



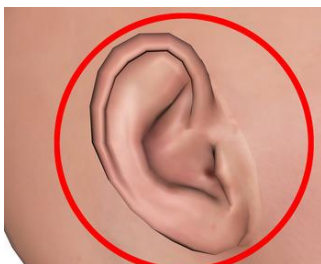
If you need help, put your arm up.

We can switch off the machine and come in to you if you need us.



Each bit of the treatment takes about 2 minutes. The same parts of your body are treated each time you have radiotherapy.

Please keep very still and breathe normally.



You may hear a buzzing sound, but you will not feel anything when the radiotherapy treatment is given.

After your radiotherapy



You will need to keep coming back to the hospital for more radiotherapy.

This might be every day for a few days or every day for a few weeks.



After you have been back a few times, we will be able to tell you how well the radiotherapy is working for you.



Please ask us to explain anything you do not understand.

We are here to help you.



Please tell us if you are worried about anything. Talking to other people can help.

The Dimbleby Cancer Care team can give you advice, information and someone to talk to.



Phone: 020 7188 5918

Useful contacts



If you need to call the
Radiotherapy Department:

Phone: 020 7188 3160



If you have a problem in the evening
or at the weekend:

Phone: 020 7188 7188 and ask for
'operator'. Then ask the operator for
the 'clinical oncology registrar on call'.



Patient Advice and Liaison Service

To make a comment or a complaint
about the hospital, please call the
PALS office.

Phone: 020 7188 8801

Email: pals@gstt.nhs.uk



Mencap offers support and advice for people with learning difficulties and their families and carers.

Phone: 0808 808 1111

Email: help@mencap.org.uk

HfT is a national charity supporting people with learning disabilities and their families.

Phone: 020 8447 0541

Email: HftLondon@hft.org.uk



Macmillan Cancer Support offers information, support and advice for people with cancer and their families and carers.

Phone: 0808 808 0000