

Easy read

Having radiotherapy

What is radiotherapy?



Radiotherapy is a way of treating cancer.



Radiotherapy uses strong X-rays to kill the cancer.



Radiotherapy does not hurt.



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



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



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

Planning your treatment



This is a picture of a **CT scanner**. It is a machine that shows us a picture of inside your body.



The CT scanner tells us where in your body you need to have radiotherapy.



Having a CT scan does not hurt.



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



We give you a gown to wear.



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



After the CT scan, we make some small, permanent black dots on your skin.

This helps us to get you into the right position for your radiotherapy.

Having radiotherapy



Your radiotherapy treatment starts about 2 weeks after the CT scan.



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



You meet the **radiographer**. This health professional uses the radiotherapy machine to give you treatment.



The radiographer helps you to lie in the right position on the bed.

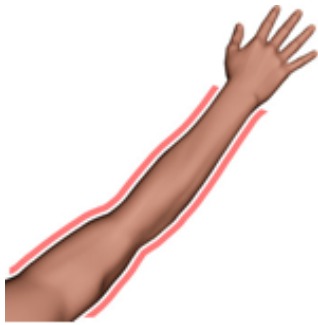


The radiotherapy machine comes close to you but does not touch you. It moves around you to give your radiotherapy.



The radiographer leaves the room to switch on the radiotherapy machine.

You stay by yourself in the room for your radiotherapy treatment but we can watch you.



If you need any help,
put up your arm.

We can switch off the
machine and come
into the room if you
need us.



Each part of the
treatment takes about
2 minutes.



We treat the same
parts of your body
each time that you
have radiotherapy.



You need to keep still
and breathe normally.



You may hear a buzzing sound but do not feel anything during radiotherapy.

After your radiotherapy



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

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



After a few treatments, we can tell you how well the radiotherapy works for you.



Please ask us to explain anything that 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 you feel less worried.



The Dimbleby Cancer Care team can give you information and support.

Phone 020 7188 5918

Speak to someone



If you are worried or have questions, you can speak to someone in the radiotherapy department.



Call us on 020 7188 3160



If you feel unwell in the evening or at the weekend, call 020 7188 3754



Email
gstt.askradiotherapy@nhs.net

Other organisations



Mencap gives support and advice to people with learning disabilities and their families and carers.

Phone 0808 808 1111

Email helpline@mencap.org.uk



Hft is a national charity that supports people with learning disabilities and their families.

Phone 020 8447 0541

Email hftlondon@hft.org.uk



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

Phone 0808 808 0000

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A list of sources is available on request