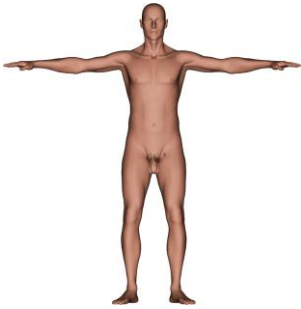


How will I feel after radiotherapy?



An easy read guide

What are side effects?



Your body might feel different because of your radiotherapy treatment.

These feelings are called side effects.

Not everybody has the same side effects.



This leaflet tells you about some of the side effects you might have.

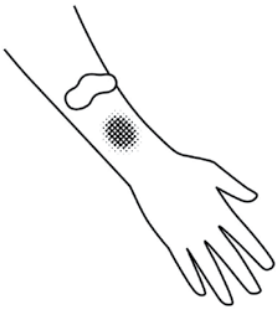
It also tells you how you can make them better.



Please tell us if you notice any changes in your body, especially if you are uncomfortable or in pain.

We can help you.

Sore skin



Sometimes radiotherapy treatment can make your skin dry and itchy.

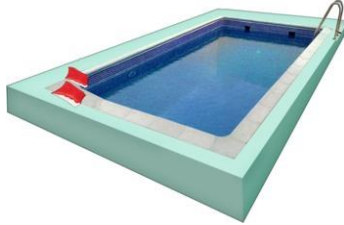
Please use a moisturiser on the areas of skin that have had radiotherapy.



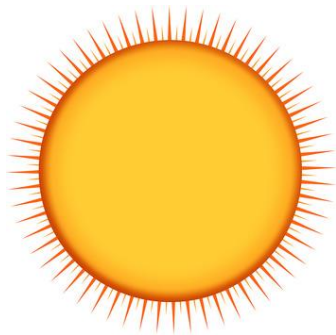
When you are washing, only use warm water and your usual soap or shower gel. Pat your skin dry with a very soft towel – do not rub.



If you need to shave the area where the radiotherapy treatment is given, you should use an electric shaver. Do not use a razor.



You can keep swimming during radiotherapy but stop if your skin is sore. Do not use a sauna. Using a sauna or swimming pool will make your skin even more sore.



Radiotherapy will make your skin very sensitive.

Your skin might become sore if the sun shines on it or if the wind blows on it.

Please cover the areas of skin that are having treatment.



Sometimes your clothes can rub against your skin and make it sore.

Try wearing loose clothing to help you stay comfortable.

Other side effects



Radiotherapy can sometimes make you lose your hair.

We can tell you about getting a wig if you need one.



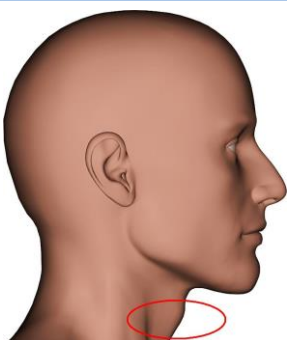
Radiotherapy treatment can make you very tired.

This is normal. Rest when you can.



Sometimes radiotherapy treatment can make you go to the toilet more often.

You might need to change what you eat. We can tell you about this.



Sometimes radiotherapy can make your throat sore.

It helps to eat soft food. Do not eat food that is hot or spicy.

After your radiotherapy treatment has finished



Your side effects might get worse for 2 weeks after the radiotherapy treatment has finished.

This is normal.



You will need to see a doctor a few weeks after your radiotherapy ends.

We will tell you how to make an appointment to see a doctor.



For a year after your radiotherapy treatment you should either cover your skin from the sun or use sun cream.

Keep using moisturiser if your skin is sore.

We will tell you if you need a nurse to look at your skin.



When your skin is better you can try washing as usual

Useful contacts



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.



www.dimblebycancercare.org

Phone: 020 7188 5918.



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'.



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

