

Details of your treatment and any side effects that you may continue to experience can be found on the discharge form that you were given on the last day of treatment.

How long will I experience the side effects of radiotherapy for?

Any side effects that you have been experiencing, or have been advised to expect, will continue for some weeks after treatment has finished. The side effects may become worse before they start to improve. This is normal and your reactions will gradually settle. Until then please continue to follow the advice you have been given. The radiographers will provide you with any additional information or advice that they think will help you during the next few weeks.

Radiotherapy can make you feel tired. We advise you to rest when you can – your body will let you know when you need to relax. However, it can be helpful to have a little light exercise (e.g. about 20 minutes walking) each day. This can make you feel less tired and can lift your spirits. It is also important to continue to drink plenty of water.

How will I feel when I finish treatment?

When treatment finishes many people look forward to life returning to normal, but you may find yourself feeling a bit low. This is a normal reaction. Sometimes these feelings can be made worse by tiredness, but they will pass in time. You may like to consider joining a support group where you can share your experiences with others.

There are details for the Fountain Centre (Royal Surrey Hospital) and the Macmillan Cancer Support Centre (East Surrey Hospital) at the end of this leaflet. Alternatively you may also be able to find support at your local hospital.

Will I have a follow-up appointment?

Once your radiotherapy treatment course has finished, you will receive a letter in the post with a date for a follow-up appointment. This is usually at the hospital where you were originally seen and will be with your oncology doctor or a member of their team. It may take up to four weeks for this to arrive. However if you are concerned that you have not received a follow-up appointment, please contact your clinical nurse specialist or your oncology consultant's secretary via the switchboard on 01483 571122 (Guildford) or 01737 768511 (East Surrey).

For more information

The booklet you were given at the start of radiotherapy will contain more information about your specific treatment and where you can find further support.

Macmillan Cancer Support produces a series of free booklets that you may find helpful:

- Coping with fatigue
- Life after cancer treatment
- Your feelings after cancer treatment
- Exercise after cancer treatment

You can send for these booklets by contacting:

Macmillan Cancer Support

t: 0808 808 0000 w: www.macmillan.org.uk

The Fountain Centre is located in St Luke's Cancer Centre. We offer information and support to cancer patients, their families and carers during treatment and beyond.



This includes a range of complementary therapies, emotional and family support. You can drop in or phone us. There is always someone to talk to.

Tel: 01483 406618

Email: rsc-tr.fountaincentre@nhs.net

www.fountaincentre.org

**WE ARE
MACMILLAN.
CANCER SUPPORT**

East Surrey Macmillan Cancer Support Centre is located at East Surrey Hospital. The centre offers patients, carers, family members and friends a range of complementary therapies, practical advice and emotional support at any stage of your cancer experience.

Tel: 01737 304 176

Email: informationcentre.sash@nhs.net

Reference source(s):

<http://www.nhs.uk/Conditions/Radiotherapy/Pages/Side-effects.aspx>