

WELCOME TO ROCKY MOUNTAIN CANCER CENTERS



Your radiation oncologist will prescribe a course of radiation treatments for you. Here is information that will be helpful during your treatment.

- Radiation treatments are given daily, Monday through Friday, excluding holidays. If the office is closed for another reason, such as equipment maintenance or repair, the radiation staff will try to call you in advance. Emergency contact numbers are important for us to have on file. Any treatment that is missed must be made up unless the doctor instructs otherwise.
- Before your treatments can start, a procedure needs to be completed to plan your treatment called a simulation. This is to map out the treatment area where ink marks and/or small tattoos may be placed. Your next appointment will be a trial run called verification simulation. After completion of these two appointments, you will be ready to start your daily treatment.
- Please be ready and changed by your appointment time.
- If it is necessary to have your clothes changed, the therapists will explain what clothes need to be changed. Please lock all your personal items in one of the lockers. Keep the key with you at all times.
- For the privacy of all patients, we request that family members wait in the main waiting room, unless the patient needs help.
- If you will be late or cannot come for your scheduled treatment, please contact the radiation staff. Your therapist will make any treatment appointment time changes.
- You will receive weekly checkups by the doctor and nurse. Please bring a list of any questions you have.
- The therapist will take weekly x-rays, called port films. These only show the doctor correct positioning for your treatment.
- Ask your doctor or nurse if you need more information or have questions.

RADIATION ONCOLOGY

GENERAL SKIN CARE



You may develop skin changes with radiation treatments. These changes occur because radiation must pass through the skin to reach the location of the tumor.

These reactions are often like a mild sunburn. Your skin may be dry, itchy, red and peeling. It will sometimes darken like a tan. Most skin changes heal and fade in a few weeks to months after your treatment stops.

SUGGESTIONS

- Skin should be clean, dry, and free of any products for 2 hours before your daily treatment. Product suggestions for skin care and deodorants will be discussed by your nurse or doctor. Do not put anything on your treatment skin unless instructed to do so by your doctor or nurse.
- Clean your skin gently using warm water and the recommended soap. Rinse well and pat dry. Avoid shaving skin in the treated area.
- Look at your skin daily. Tell your doctor, nurse, or therapist about any changes.
- Do not remove ink or markers unless your therapist tells you to do so.
- Protect your skin in the treated area from heat or cold. Avoid sun exposure, heating pads, hot showers, hot tubs, saunas, tanning and ice packs.
- Wear loose-fitting clothes that do not rub on the skin in the treated area. Cotton material generally feels more comfortable and breathes.
- Ask your doctor or nurse if you have any questions or need more information.

RADIATION ONCOLOGY SKIN CARE PRODUCTS



Skin reactions may occur where your body receives radiation. Skin products in the treated area need to be free of fragrance, metals and artificial coloring.

SUGGESTIONS

SOAPS

Dove®
Cetaphil®
Aveeno®
Neutrogena®
Basis®
Ivory®

LOTIONS AND CREAMS

Eucerin® lotion/cream
Aquaphor®
Aveeno®
Pure Aloe vera
Pure Vitamin E oil
Calendula
Vanicream®
Tulipan

DEODORANTS

Corn Starch
Tom's of Maine®
Crystal® Body Deodorant

Other products and/or prescriptions may be given to you by the doctor or nurse during your treatment course.

Ask your doctor or nurse if you need more information or have questions.

RADIATION ONCOLOGY

FATIGUE



Fatigue is common during cancer treatment. Fatigue may not begin until about two weeks into your treatment, and may gradually increase as your treatment continues. The amount of fatigue varies with each person and will slowly resolve after treatment.

SUGGESTIONS

- Try to continue normal activities. Do things when you have the most energy and finish only what you can.
- Try light exercise each day, such as taking a short walk.
- Eat a variety of healthy foods, even when you are too tired to cook and eat.
- Do things to relax before bedtime so that you can sleep better.
- Ask for help from family and friends. There are also people in your community that can help with cooking meals, housework, childcare, and transportation.
- Ask your doctor or nurse if you need more information or have questions.

RADIATION ONCOLOGY

GENERAL NUTRITION



Doctors and researchers have found that patients who eat well during their treatments, are better able to tolerate the side effects of their treatments.

SUGGESTIONS

- **It is important to eat foods high in calorie and protein. If you are diabetic, speak with your doctor or nurse for caloric intake information.**
- To increase calorie and protein, eat nourishing snacks and/or add liquid supplements such as Instant Breakfast, Ensure®, Boost®, Glycerna® (for diabetic pts).
- Try eating frequent, small meals through out the day. It will be easier to actually eat more and feel less full.
- If you have nausea, avoid greasy, fried, or spicy foods.
- Make mealtimes pleasant and enjoyable. This may help to increase your appetite.
- Plan ahead with your food preparation.
 - Cook in advance and freeze meals.
 - Stock up on foods that need little or no preparation.
 - Ask others to shop or cook for you.
 - Buy foods you know you can eat when not feeling well.
- Drink plenty of fluids: 8-10 large glasses daily. Try carrying a water bottle with you at all times.
- Limit use of caffeine and alcohol.
- Ask your doctor or nurse if you have any questions or need more information.