



## **What to Expect During Radiation Therapy**

### **General:**

- Radiation therapy generally causes side effects only to the area being treated. Fatigue is the most common side effect noted by patients receiving radiation therapy.
- The radiation oncologist will see you on a scheduled basis once per week to answer questions and address any treatment-related adverse effects.
- You should not miss your scheduled treatment appointments, as it may negatively impact the effectiveness of radiotherapy.
- During your treatment time here, you will meet with a REACH coordinator, a physical therapist and possibly a dietician.

### **Diet:**

- Try to drink at least 8 glasses of fluids daily and eat a well-balanced diet.
- Check with your radiation oncologist if you have any questions regarding any additional supplements.

### **Skin Care:**

- When taking a shower or bath, use a mild soap without perfumes or fragrances (such as unscented Dove); do not apply any alcohol or astringents.
- Do not scrub the area of treatment or try to wash off marks, as they are necessary for accurate daily treatment alignment.
- Do not use extreme heat or cold such as a heating pad or ice pack on the treatment area.
- Do not expose the treated area to sunlight. If it is unavoidable, use a PABA-free sunscreen with minimum SPF of 45. Since the area under treatment will always be more sensitive than the rest of your skin, continue to protect the area after your treatment ends.
- The skin over the area being treated may become dry, flaky, red, and irritated. You will be asked to start using a lotion recommended by your doctor daily during treatment. Apply at least 2-3 times per day to the area being treated. Keep the area being treated clean and dry.