



ABDOMINAL RADIOTHERAPY

ADVICE ABOUT YOUR TREATMENT

- Personal Hygiene
 - You are advised to wash in plain water, avoiding very hot water and using a soft fatty soap (“surgras”) (not classic soaps as they are too irritant) every day.
 - Do not take a bath during your treatment, only showers.
 - We recommend you to pat yourself dry so as not to intensify the irritation of your skin.

- With regard to your diet
 - Eat a balanced diet
 - Avoid dishes with too much fat and /or too spicy
 - Be sure to drink enough water – a litre to a litre and a half of flat water (not fizzy) each day avoiding stimulants (tea, coffee, alcohol)
 - Check that you don’t lose weight.

- With regard to clothing
 - Avoid wearing tight garments
 - Cotton clothing is best.

POTENTIAL SIDE EFFECTS OF RADIOTHERAPY

These are foreseeable, but do not necessarily occur, as each case is unique and each person reacts differently. However, some side-effects are fairly common and the radiotherapist and the care team keep an eye open for them.

All these side effects will disappear a few weeks after the end of the treatment.

- **Your digestive system :**

Starting from the second or third week of treatment diarrhoea, wind or nausea may arise as time goes on.

→ You need to talk about these to your radiotherapist so he can prescribe a diet and a suitable treatment to improve your digestive comfort.

- **Tiredness :**

This is not a sign that the illness is getting worse and does not arise in every case. It can be caused by the daily repetition of the treatment and due to the stresses of travelling to the treatment centre.

Do not hesitate to talk about it to the care team and your radiotherapist either at your programmed appointments or at your own instigation.

NEVER INTERRUPT YOUR TREATMENT WITHOUT THE ADVICE OF YOUR RADIOTHERAPIST