

RECOMMENDATIONS

FOR THE DOSIMETRIC SCAN

AND FOR EACH SESSION

- **Empty your bladder before leaving home and then drink 3 glasses of water (about one to two hours before the session)**
- Don't drink any more and do not pass water again before the session (so as to keep the bladder full))

**Empty your bowels regularly and at about the same time of day.
(if you are constipated , the radiotherapist will prescribe a laxative for you).**

=> each treatment day and also the day of the scan

ADVICE FOR YOUR TREATMENT

- **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.
 - In addition to this, it is not advisable, during your treatment and for a few weeks after it ends, to shave or use any kind of hair remover on the area to be treated.
- **With regard to your diet**
 - Eat a balanced diet
 - Avoid dishes with too much fat and /or that are 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.

If the radiotherapist decides to prescribe cream during your treatment apply it as soon as it is prescribed (on your return home after your session) and even over the weekend, on the folds between your thighs and the fold between your buttocks.

YOU MUST NOT PUT CREAM ON THE AREA BEING TREATED BEFORE THE SESSION



RADIOTHERAPY IN THE PELVIC AREA

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.

- **Urinary system :**

You may want to urinate more frequently (pollakiuria) especially at night, from the third week of treatment onwards, with the need being sometimes pressing and even a burning feeling when you urinate.

→ Your radiotherapist can, at the slightest doubt, have your urine analysed and prescribe a medical treatment to make it easier for you to micturate (the action of urinating).

- **Digestive system :**

Starting from the second or third week of treatment diarrhoea, wind or haemorrhoidal troubles may arise progressively.

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

- **Your skin :**

May become red (epidermitis) around the treatment zone after two to three weeks of treatment.

→ If the skin is damaged, don't delay in seeing your radiotherapist so he can prescribe an appropriate cream.

- **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.

YOU MUST NEVER INTERRUPT YOUR TREATMENT WITHOUT THE ADVICE OF YOUR RADIOTHERAPY