



RADIOTHERAPY FOR THE PROSTATE AREA

About 1 hour to 1 hour and half before leaving home:

use 1 suppository of eductyl then go to the toilets to go to poo (evacuate the rectum) and urinate completely.

Just after drink 2 glass of water (not more) then don't go urinate until radiotherapy session is finished.

You have to do that to each treatment day and also the day you have your scan.

ADVICE FOR THE TREATMENT:

- With regard to what you eat:
 - Eat a balanced diet
 - Avoid dishes that are too rich in fats and too spicy
 - Drink in reasonable quantity one to one and a half litres of water (not carbonated) per day, avoiding stimulants (coffee, tea, alcohol)
 - Make sure you don't lose weight

POTENTIAL SIDE EFFECTS OF THE RADIOTHERAPY

These are predictable but they do not necessarily occur, as every case is unique and every person reacts differently.

Certainly certain side effects are quite frequent and are a watch is kept for them by the radiotherapist and by the staff who care for you.

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

- Urinary tract: Wanting to urinate more often (called pollakiuria) especially at night, from the third week of treatment you may sometimes have a pressing need or even a burning feeling when you urinate.
 - Your radiotherapist can, in case of 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: From the second or third week of treatment diarrhea, wind, or a haemorrhoidal discomfort may gradually appear.
 - You need to talk about this to your radiotherapist to enable him or her to prescribe an appropriate treatment to improve you digestive comfort.
- Tiredness: This is not a sign that the illness is getting worse and does not occur in every case. It may be caused by the daily repetition of the treatment and due to the constraints of travel to the treatment centre.

Do not hesitate to talk about any of these effects with the care team or with you radiotherapist, either at the time of your consultations or whenever you wish.

YOU MUST NEVER INTERRUPT YOUR TREATMENT OTHER THAN

ON THE ADVICE OF Y