



YOUR STEREOTACTIC RADIOTHERAPY TREATMENTS | CHEST

RECOMMENDATIONS TO FOLLOW DURING YOUR TREATMENTS

Diet

Maintain a balanced diet based on Canada's Food Guide.

Tobacco

Stopping smoking is crucial in order to optimize your treatment and prevent a recurrence of your cancer. There are many methods to help you stop smoking (tablets, skin patch, gum, etc.). Don't hesitate to talk to your doctor to determine the most appropriate method for you.

SIDE EFFECTS

Certain side effects can occur during your treatments. They vary depending on your situation and the exact location of your tumor. **When you meet with your radiation oncologist, he or she will explain the side effects and the likelihood of you experiencing them.**

If you are bothered by any of them, let the therapist know during your treatment so we can help you control or minimize the side effects.

Redness or bumps on tattoos (6 points): If the redness or bump lasts for more than 48 hours (2 days), call us at 819-346-1110, extension 14602.

Cough: Refrain from smoking.

Fatigue: Plan your activities to conserve your energy; limit yourself to less demanding tasks. Set reasonable objectives and priorities both at home and at work. Ask for help in doing tasks that require significant effort or that tire you the most. Take a short nap during the day (no more than 60 minutes a day).

THE DAY OF YOUR TREATMENT

Go to the Radiation-Oncology Department on the basement floor of wing 6 at the Fleurimont Hospital. Take a seat in waiting room 4; you do not have to go to the reception desk.

- For your first appointment, a technologist will come get you in the waiting room.
- For your subsequent appointments, you will be called over the public-address system.

If you are unable to keep your appointment, call 819-346-1110 and ask for:

- Treatment room G, extension 14992

DEPARTMENT HOURS AND CONTACT INFORMATION

Department of Radiation Oncology

Monday to Friday (except statutory holidays)
8:00 a.m. to 5:00 p.m.

The department is closed Saturdays and Sundays.

Reception Desk

819-346-1110, extension 14602

YOUR TREATMENT SCHEDULE

Your first radiosurgery treatment will be on:

Someone will call you to give you the time of your first treatment. If you haven't been contacted at least a day (24 hours) before your appointment, call 819-346-1110, extension 14602.

Your Other Radiation-Therapy Treatments

You will be given the times and dates of your subsequent treatments when you come in for your first one.

Please take note that treatment times are subject to change and that you will be contacted if rescheduling is necessary. We appreciate your cooperation.

QUESTIONS COMMENTS

Author

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Revision and Layout

Direction des ressources humaines, des communications et des affaires juridiques