



# RADIATION THERAPY TREATMENTS | PROSTATE

## RECOMMENDATIONS TO FOLLOW DURING YOUR TREATMENTS

### CARING FOR THE SKIN AT THE AREA TREATED

- Don't wear clothing that could irritate the area treated.
  - We recommend that you wear cotton clothing.
  - Avoid wearing tight-fitting clothing.
- Don't apply cream to the area treated unless it has been prescribed by the radiation oncologist.
  - If the radiation oncologist prescribes a cream, don't apply any in the 3 hours before a treatment.

### DIET

- Eat a balanced diet, based on *Canada's Food Guide*.

## SIDE EFFECTS

Some side effects are likely to occur during your treatments. If any of them become bothersome, inform the technologist during your treatment so we can help you control and minimize the effect.

**Redness or bump on your tattoos (3 points):** if the redness or the bump persists for more than 48 hours (2 days), contact us at 819-346-1110, ext. 14602.

**Redness at the area treated:** follow the recommendations for caring for the skin at the area treated.

**Diarrhea or frequent bowel movements:** if you notice that your stools are becoming softer, inform the technologist at the time of your treatment.

**Frequent urge to urinate:** this side effect is normal. However, if it bothers you (e.g. you awaken often during the night to urinate), inform the technologist at the time of your treatment.

**Burning sensation when urinating:** inform the technologist at the time of your treatment.

**Fatigue:** plan your activities in such a way as to conserve your energy; perform the least demanding tasks. Set reasonable goals and priorities at work and at home. Ask for help to do tasks that require a lot of effort and those that tire you the most. Have a short nap during the day (maximum 60 minutes per day).

## PREPARING FOR YOUR TREATMENTS

We ask that you follow the instructions that are checked.

- Full bladder  
On the day of your treatment, urinate 1 hour before your appointment, then drink a total of 500 ml of water (approximately 2 glasses) within the next 30 minutes and do not urinate until your treatment.

### Example:

Your appointment is at 9 a.m. You should urinate at 8 a.m. and drink the 2 glasses of water (500 ml total) between 8 and 8:30 a.m.

Your appointment is at: \_\_\_\_:\_\_\_\_

- Urinate (empty your bladder) at: \_\_\_\_:\_\_\_\_
- Drink the water (500 ml total) between: \_\_\_\_:\_\_\_\_ and \_\_\_\_:\_\_\_\_

## THE DAY OF YOUR TREATMENT

Go to the Radiation Oncology Department in the basement of wing 6 at the Hôpital Fleurimont. Take a seat in waiting room number 4; there is no need to go to reception.

- At your first appointment, a technologist will go to the waiting room to get you.
- At your subsequent appointments, we will call your name over the microphone.

**Should you be unable to come to your appointment, call us to let us know at 819-346-1110:**

- Treatment room C: ext. 13522
- Treatment room D: ext. 16680
- Treatment room E: ext. 14366
- Treatment room G: ext. 14992

Centre intégré  
universitaire de santé  
et de services sociaux  
de l'Estrie – Centre  
hospitalier universitaire  
de Sherbrooke

Québec 

## YOUR TREATMENT SCHEDULE

Your first radiation therapy treatment will be on:

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You will be informed by phone of the time for your first treatment. If you have not received a call 24 hours before your appointment, call 819-346-1110, ext. 14602.

You will be informed of the dates and times of your next treatments onsite, at the time of your initial treatment.

**Please note that the time of your treatments is subject to change. You will be informed should this be the case. Thank you for your cooperation**

## CONTACT INFORMATION

### Service de radio-oncologie

Monday to Friday (except holidays) : 8 a.m. to 4 p.m.

The Department is closed on Saturday and Sunday.

Reception: 819-346-1110, ext. 14602

## A VIDEO FOR YOU

Watch the video *Radio-oncology patient trajectory at the CIUSSS de l'Estrie – CHUS*.

This informative video for users and their loved ones explains each of the steps in radiotherapy treatment. It gives them a visual perspective of the site and the equipment, and explains the roles of each professional they will meet in radio-oncology. This video was made possible thanks to the financial contribution of the Fonds Brigitte-Perreault, Fondation du CHUS.

To view it: [bit.ly/radio-oncology](http://bit.ly/radio-oncology)

### Author

Service de radio-oncologie

### Revision and layout

Service des communications

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