



RADIATION THERAPY TREATMENTS | HEAD

RECOMMENDATIONS TO FOLLOW DURING YOUR TREATMENTS

CARING FOR THE SCALP

- Use a mild shampoo.
- Avoid hair coloring.
- 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.
- Protect your head from intense cold and sun by wearing a scarf or hat outdoors.
- Don't immerse your head in water containing chlorine (pool or spa).

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 at the area treated: follow the recommendations for caring for the scalp.

Partial or total hair loss: treat your hair gently. Use a soft-bristled brush. Wash your hair with a mild shampoo every four to seven days. Gently towel-dry your hair. Let your hair dry naturally or use a blow dryer at low temperature. Note: Your hair will begin to grow back about two months after the end of your treatments.

Significant headache, nausea, new neurological symptoms (weakness, loss of sensation in the hands or legs, trouble speaking, confusion, etc.): inform the technologist at your next treatment so that your radiation oncologist can quickly assess your symptoms.

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).

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

YOUR TREATMENT SCHEDULE

Your first radiation therapy treatment will be on:

- Time of your first treatment: _____

OR

- 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.

FOR YOUR OTHER RADIATION THERAPY TREATMENTS

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

OR

- Treatments are scheduled for the following:

Date	Time
_____	_____
Date	Time

Please note that the time of your treatments is subject to change. If that is the case, you will be informed. Thank you for your cooperation.

DEPARTMENT HOURS AND CONTACT INFORMATION

Radiation Oncology Department
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

QUESTIONS OR COMMENTS

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

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Revision and layout

Service des communications

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