



PLANNING YOUR RADIATION ONCOLOGY TREATMENTS

YOUR FIRST APPOINTMENT

The first appointment is to plan your radiation oncology treatments. We will carry out the following examinations:

Transaxial tomography (CAT scan)

We will first determine your treatment position. Accessories can be made to make you comfortable and make it easier to repeat the position.

Next we will take the specific radiographic images (the scan). These images will allow the radio-oncologist to determine the exact location for administering the treatments.

The exact place where the treatments will be administered will be marked on your body (permanent tattoos, depending on the situation). These marks will allow us to return to the same position for your next appointments.

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.



Time between your first appointment and the beginning of your treatments

This delay is to allow us to digitally analyse the distribution dose for your body to obtain the best possible treatment.

PREPARATION FOR YOUR FIRST APPOINTMENT

We ask you to follow the directions checked below.

No specific recommendation

Fasting

You must not eat for at least 3 hours before the exam, but you are allowed to drink water.

Emptying your bladder

You must urinate just before your exam.

Enema (to clear the rectum)

You must have an enema 2 hours before the examination. Use a Fleet enema which is available from your pharmacy and follow the instructions.

Filling the bladder

The day before your first appointment, drink 1 litre of water, spread over 12 hours. You may urinate when you want to.

On the day of your first meeting, urinate one (1) hour before your treatment, then drink a total of 500 ml of water (approximately two [2] glasses) within the next thirty (30) minutes and do not urinate until your examination.

- urinate (empty your bladder) at: ___ : ___
- drink water (500 ml total) between: ___ : ___ and ___ : ___

It is extremely important for you to follow these directions so we are best able to plan your treatment. If, for any reason, you were unable to follow these specific directions for your examination, it is important to tell the technologist when you arrive at your appointment.

ARTICLES TO BRING TO YOUR FIRST APPOINTMENT

Bring the following to your appointment:

- your health insurance card and your hospital card (violet coloured card);
- your medications, as needed;
- a re-usable bag to hold your clothing;
- dark coloured clothing; the ink used to make the marks on your skin could stain your clothing.

If you cannot keep your appointment, please call us at 819 346-1110, ext. 14602.

REMINDER FOR YOUR APPOINTMENT

Come to the Radio-oncology reception desk, in the basement of the Hôpital Fleurimont of the CIUSSS de l'Estrie – CHUS.

Date: _____

Time: _____

Radio-oncologist: _____

File number: _____

The date and time of your next appointment will be given to you by telephone.