



YOUR STEREOTACTIC RADIOTHERAPY TREATMENTS | METASTASIS

RECOMMENDATIONS TO FOLLOW DURING YOUR TREATMENT

NUTRITION AND DIET

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

PHYSICAL EXERCISE

Stay active, but respect your limits.

SIDE EFFECTS

You might experience certain side effects during or after radiation therapy. **During your meeting with the radiation therapist, he will explain to you the potential side effects of your treatment and their risks.** Please do not hesitate to ask him any questions you may have. If any of these effects cause discomfort, please notify the technologist at the time of your treatment, so that we can help you to control and minimize it.

Redness or lump on your tattoos (3 to 6 points): If the redness or lump lasts for more than 48 hours (2 days), call us at 819-346-1110, ext. 14602.

Fatigue: Be sure to take naps when you feel you need them. Plan your activities to better manage your energy level. Perform less-demanding tasks. Set reasonable objectives and priorities for yourself at home and at the workplace. Ask for help to complete tasks that are demanding or which tire you most.

Pain: You might feel discomfort or pain at the treatment site. If that is your case, you can use the intended medication to treat the pain. If the pain becomes unbearable, contact your team for further recommendations.

PREPARING FOR YOUR TREATMENT

We ask you to comply with the following instruction if it is checked:

Medication: _____

This medication was prescribed by the physician. You must take it one (1) hour before your treatment.

ON THE DAY OF YOUR TREATMENT

Go to the radio-oncology department at Hôpital Fleurimont, located in the basement of wing 6. Take a seat in waiting room number 4 without going to the reception desk.

- On your first appointment, a technologist will come for you in the waiting room.
- At your next appointments, we will call you over the loudspeaker.

If you cannot keep your appointment, please call to notify us at 819-346-1110:

- Treatment room A: extension 14456
- Treatment room C: extension 13522
- Treatment room G: extension 14992

DEPARTMENT SCHEDULE AND COORDINATES

Radiation therapy department

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

The department is closed on Saturdays and Sundays.

Reception desk

819-346-1110, ext. 14602

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



YOUR TREATMENT SCHEDULE

Your first radiotherapy treatment will be held on:

Time of your first treatment:

The time of your first treatment will be confirmed by phone. If you do not receive a call 24 hours before your appointment, dial 819-346-1110, ext. 14602.

Your subsequent radiotherapy treatments

The time and date of your next treatments will be given to you on site at the time of your first treatment.

Please note that the time of your treatment is subject to change. If so, you will be notified. We thank you for your cooperation.

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

Author

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Revision and layout

Service des communications

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