



RADIATION THERAPY TREATMENTS | GENERAL RECOMMENDATIONS

RECOMMENDATIONS TO FOLLOW DURING YOUR TREATMENTS

CARING FOR THE SKIN AT THE AREA TREATED

- Wash the area treated with mild, unscented soap.
- Don't scrub the markings; just sponge your skin.
- 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.
- Protect the area treated from intense cold and sun (wear something over it).
- Don't immerse the area treated 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 skin at the area treated.

Pain: you may feel pain at the area treated. The pain may increase and then lessen. A treatment will continue to work for several days, even after your last session.

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.

- Medication to take one (1) hour before your treatment : _____
- Fasting (not eating) _____ h before treatment.

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:

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.

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.

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

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



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

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

QUESTIONS OR COMMENTS

Author

Service de radio-oncologie

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