



## RADIATION THERAPY TREATMENTS | THORAX

### RECOMMENDATIONS TO FOLLOW DURING YOUR TREATMENTS

#### CARING FOR THE SKIN AT THE AREA TREATED

- Wash the area treated with mild, unscented soap.
- 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.

**Redness or bump on your tattoos (6 points):** if the redness or the bump persists for more than 48 hours (2 days), contact us at 819-346-1110, ext. 14602.

**Burning sensation when swallowing:** avoid foods that are very hot or very cold, spicy, acidic, or very dry. Drink water as you eat. If eating becomes more difficult because of a burning sensation when swallowing (inflammation), grind your food and eat it in small quantities and more often.

**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 of the CIUSSS de l'Estrie – CHUS. 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

## 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

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:

---

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.**

## 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](https://bit.ly/radio-oncology)

## QUESTIONS OR COMMENTS

---

---

---

### Author

Service de radio-oncologie

### Revision and layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

© Centre intégré universitaire de santé et de services sociaux de l'Estrie – Centre hospitalier universitaire de Sherbrooke, 2019  
[santeestrie.qc.ca](https://santeestrie.qc.ca)

November 2016 – 1-6-71814 | Update: January 2022