



YOUR RADIOTHERAPY TREATMENTS |

ORTHOVOLTAGE RECOMMENDATIONS

RECOMMENDATIONS TO FOLLOW DURING YOUR TREATMENT

SKIN CARE IN THE TREATED AREA

- Clean the treated area with a mild unscented soap.
- Do not rub or scrub off the pencil marks; just gently dab your skin.
- Do not wear clothes that might irritate the skin in the treated area.
 - It is recommended that you wear cotton-fabric clothing.
 - Avoid wearing tight clothing.
- Do not apply any lotion on the treated area unless one is prescribed to you by the radio-oncologist.
 - If the radio-oncologist has prescribed a lotion, do not apply it three (3) hours before your treatment.
- Protect the treated area from intense cold and sun by wearing something over it.
- Do not immerse the treated area in chlorinated water (e.g.: pool or spa).
- Avoid frequent hair removal or shaving of the treated area. If you absolutely insist on doing so, it is best to use an electric razor as it is less irritating for the skin.

FOOD AND NUTRITION

- Privilege a balanced diet based on Canada's Food Guide.

SIDE EFFECTS

Some side effects may occur during your treatments. If any of these effects causes discomfort, inform the technologists during your treatment, so that we can help you to control and minimize it.

Redness (erythema) at the treated area: Follow the skin care recommendations for the treated area.

Fatigue: Plan your activities to better manage your energy level. Perform tasks that are less demanding. 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. Take a short nap during the day (daily maximum of 60 minutes).

THE DAY OF YOUR TREATMENT

Go to the radio-oncology department at Hôpital Fleurimont, located in the basement of wing 6.

- At the time of your arrival, take a seat in waiting room number 4 without going to the reception desk.
- A technologist will come for you.

If you cannot keep your appointment, please notify us by dialing 819 346-1110:

Treatment room B: extension 14346

DEPARTMENT HOURS AND CONTACT INFORMATION

Radio-oncology Department

Monday to Friday (except holidays)
8:00 a.m. to 4:00 p.m.

The Department is closed on Saturdays and Sundays.

Reception

819-346-1110, ext. 14602

YOUR TREATMENT SCHEDULE

Your 1st radiotherapy treatment will be on:

at ___:___ a.m./p.m.

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, dial 819 346-1110, ext. 14602.

For your other radiotherapy treatments

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

OR

The following treatments will be held on:

_____	_____
Date	Heure
_____	_____
Date	Heure
_____	_____
Date	Heure
_____	_____
Date	Heure

Please note the time of your treatment is subject to change. In the event of any change, we will notify you. Thank you for your cooperation.

Author

Service de radio-oncologie de l'Hôpital Fleurimont

Revision and layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

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