



RADIATION TREATMENT TO THE PELVIS FOR PROSTATE, BLADDER AND RECTAL CANCER

The following information will help manage the side effects you may experience from your radiation treatment. Your treatment team will provide you with any additional information you need. Please ask them any questions you may have.

DURING YOUR COURSE OF TREATMENT

- Wear only loose-fitting, soft undergarments.
- Do not use a hot water bottle, heating pad or ice bag on treated skin.
- Drink plenty of fluids daily (at least two quarts per day).
- Try to hold your urine as long as possible at least once a day. This will help keep your bladder capacity at a maximum.
- If your tumor is in the prostate or rectum, try to have your bladder full when your treatment is given. If your tumor is in the bladder, empty your bladder before treatment.
- Frequency of urination and/or burning during urination may occur. Some of these side effects may be relieved with medication, so please let your doctor, nurse or radiation therapist know if they develop.
- If you develop abdominal cramping, nausea, vomiting, diarrhea, mucus in stool or irritation around the anus, notify your doctor, nurse or radiation therapist. Some of these symptoms may be relieved by medication or diet. A dietitian is available to discuss your diet with you.

- Sexual activity may be continued throughout your course of radiation therapy. You will not be radioactive and there are no dangers to your partner from your radiation therapy or cancer.
 - Do not scratch treated skin; applying pressure will help relieve itching.
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AFTER COMPLETION OF TREATMENT

- Bladder irritability normally goes away within four to six weeks. In the meantime, continue taking any medication prescribed for this.
 - Continue to hold your urine as long as possible at least once a day until your first return appointment to Mary Bird Perkins Cancer Center. At that time, ask your doctor if you should continue.
 - You may gradually return to your normal diet over the next two to three weeks. If diarrhea continues to be a problem, stay on the low residue diet and continue taking the medication prescribed for treatment of diarrhea. If diarrhea continues for more than four weeks after radiation therapy, notify your doctor.
 - Report to your doctor any persistent nausea and/or vomiting, any unusual problems with urination or bowel habits, bleeding, a temperature of more than 100°F or pain.
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AFTER HOURS

If you need immediate emergency medical attention, please dial 911 or go to the nearest emergency room. All other medical attention outside of the Center's regular office hours (8 a.m. to 4:30 p.m., Monday – Friday) will be answered by our telephone answering service who will have a doctor from Mary Bird Perkins Cancer Center return your call.

TELEPHONE:

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