

# Radiotherapy To The Chest

Patient Information  
Leaflet

# Radiotherapy To the Chest Area

The Radiotherapy which you will be receiving to your chest may cause some side effects, which your Consultant will have discussed with you.

## **Possible side effects:**

- You may experience a general feeling of **Tiredness**, so we advise you to drink plenty of water and **avoid** drinking large amounts of tea, coffee or alcohol. You should not feel too tired to drive, or carry on normal daily activities. It is also important to maintain a healthy, balanced diet.
- You may experience a mild skin reaction which is similar to sun burn. This can be limited by following the advice given in a separate sheet.
- You may experience some **coughing**, or worsening of a cough you already have. This is normal. You may also notice an increase in phlegm.
- For some patients the treatment may make the gullet a little sore; this can result in **pain and difficulty swallowing**. If this happens, then inform one of the radiographers and they will be able to suggest pain relief and changes to your diet that may help ease this.

If you experience any of the side effects described above or have any other problems please inform the treatment or review radiographers.

## After Treatment Care

When you have completed treatment the side effects you may have experienced will continue for several weeks, with the reaction peaking approximately 7-10 days after you finished your course of radiotherapy. So please continue following any of the advice you have been given.

When you have completed your radiotherapy you will be given an appointment for a follow-up consultation with a doctor.

If you have any unexpected side effects or problems after you have finished your treatment then you can contact a radiographer by ringing the radiotherapy department on

**01743 261179**

## Pregnancy And Radiotherapy

All female patients of childbearing age (12-55 years old) will be asked prior to CT scanning and maybe before the first treatment of radiotherapy to confirm that they are not pregnant. If you are unsure or think that you may be pregnant then the procedure will not take place until pregnancy has been excluded by a negative pregnancy result. It may seem insensitive to ask, but law requires staff to exclude this possibility before proceeding with any procedure that uses radiation for treatment. These regulations are designed to protect the unborn child as radiation may seriously affect their growth and development.

You will be asked to sign a form to show that this question has been discussed.

It is very important that you are not and do not become pregnant whilst undergoing radiotherapy planning and treatment. If you think you may be pregnant at any time during your course of treatment please tell your clinical oncologist or radiographer immediately.

## Further Information

The Oncologist will ask for your consent for any treatment that you require. For more information on informed consent, see [http://webarchive.nationalarchives.gov.uk/+www.dh.gov.uk/en/Publication/sandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_4005204](http://webarchive.nationalarchives.gov.uk/+www.dh.gov.uk/en/Publication/sandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4005204).

This is a time when you may be experiencing all kinds of emotions. The Hamar Help and Support Centre offers support for you and your family or carers. The staff at the Centre provide information, help and specific counselling to suit your individual needs.

Please feel free to discuss any concerns with your Oncologist or Treatment Radiographers. They can also provide you with further information about local and national support groups.

### **Further information is available from; Patient Advise and Liaison Service (PALS)**

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

**Royal Shrewsbury Hospital**

Tel: 0800 783 0057

or 01743 261691

**Princess Royal Hospital**

01952 282888

## **HELPFUL TELEPHONE NUMBERS**

**Ward 23, Royal Shrewsbury Hospital**

01743 261423

**Radiotherapy Treatment**

01743 261179

**Hamar Help and Support Centre**

01743 261035

**Macmillan Information & Support Service**

01743 261000

ext 1957

ROYAL SHREWSBURY HOSPITAL

Mytton Oak Road

Shrewsbury

Shropshire

SY3 8XQ

Telephone: 01743 261000

Fax: 01743 261006