Palliative Radiotherapy treatment

Information for Patients

Excellent Care with Compassion
Palliative radiotherapy is treatment given to help relieve symptoms such as pain, breathlessness and bleeding.

**When you first arrive**
Please book in at radiotherapy reception and then take a seat in the waiting area near the coffee shop. A radiographer will call your name when they are ready to treat you.

**Planning radiotherapy treatment**
Before we start to plan your treatment we will take a photograph of you for our records to assist in checking your identity each day and you will be asked to sign a consent form if you have not already done so.

**Are you, or do you think you may be pregnant?**
If so, please let us know immediately. It is vitally important that you are not pregnant, and do not become pregnant for the duration of your treatment.

We need to design your treatment so that it will be as accurate as possible. CT scanners and simulators are machines used to help us define the exact area to treat and to take X-ray pictures as a permanent record of treatment. It may be necessary for you to remove some clothing to allow us to see the area to be treated. The radiographers will try to keep this to a minimum.

During the procedure the radiographers may draw some marks onto your skin. The radiographer will ask your permission to make some of these marks permanent using a small needle. These will allow the radiographers to deliver your treatment accurately and provide a permanent record of your treatment area. It may be possible to plan and deliver radiotherapy treatment on the same day for some bone, pelvis and spine treatments.
What happens when I come for treatment?
The radiographer will explain what is going to happen when they take you into the treatment room. The treatment machines are quite big, and you may feel anxious. Remember, the treatment is painless.
The radiographers will help you onto the treatment couch and get you into the correct position using the measurements and permanent marks from your planning appointment. It is important to remain very still throughout your treatment, but breathe normally. The radiographers operate the machine from outside the room, so you will be left alone during this time. Staff will monitor you on a closed circuit television system. If you need the radiographers during this time, raise your hand.
Treatment times are around 15 minutes. You will only be alone in the treatment room for some of this time.

Side effects
Side effects may occur during, or immediately after, your radiotherapy and can take some time to settle after treatment. Please remember that everyone will react differently to radiotherapy. Please ask the radiographers if you are unsure about anything. You should be given a booklet with specific side effects common to your treatment area, and how to manage them.

What happens when your treatment finishes?
Before you finish treatment, we will give you some personalised advice on how to manage any side effects following treatment and a contact number. We are more than happy for you to contact us if you experience any difficulty following your course of radiotherapy.

Follow up appointments
You may require a follow up appointment and this will be sent in the post to you after you have finished treatment. The Oncologist will meet with you to assess the result of your radiotherapy and decide on any further appointments.
Sources of further information
www.lancsteachinghospitals.nhs.uk
www.nhsdirect.nhs.uk
www.patient.co.uk
www.macmillan.org.uk
www.cancerlancashire.org.uk
www.cancerhelp.org.uk

Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Rosemere Cancer Centre
Royal Preston Hospital
Sharoe Green Lane
Preston
PR2 9HT
01772 522900
Radiotherapy Reception / Transport queries (01772) 522900
Radiotherapy Appointment queries (01772) 522931

Questions about cancer?
We’re here to help, the LTH Cancer Information & Support Service is open to anyone affected by cancer and is situated at both CDH & RPH.

Contact us on 01772 523709 or cancerinfocentre@lthtr.nhs.uk

Department: Radiotherapy
Directorate: Rosemere
Production date: Feb 2014
Review date: Feb 2016

LTHTR/C/2014jan.02