

Information for patients and carers

Information for Patients who are Receiving Hyper
Fractionated Radiotherapy

This leaflet outlines the rationale for hyper fractionated treatments, and its potential benefits. It also details locations where patients can go to help manage the six-hour treatment gap between sessions.

What is Hyper Fractionation?

Hyper fractionation is a type of radiation treatment where the total radiation dose is split into smaller doses, usually given twice a day. This is designed to make the treatment more effective while protecting healthy tissue and reducing side effects. This treatment is possible for some lung cancers. It can also be used to compensate for missed treatments in some cancers depending on the treatment area and the dose given per treatment, although this is carefully assessed on an individual basis.

Typically, this will involve having two treatments on one day with at least a six-hour gap between the two treatments. A minimum of a six-hour gap must be maintained between treatment to allow healthy tissue time to recover whilst also maximising damage to unhealthy cells.

Hyper fractionation can be beneficial for several reasons:

- Better tumour control
- Protecting healthy tissue
- Improving the body's response to treatment
- Treatment can be completed over a shorter duration.

Typical Day

If you are having hyper fractionated radiotherapy treatments, a typical day will involve having one radiotherapy treatment in the morning and a second treatment at least six hours later. If you can bring yourself or arrange your own transport you are welcome to travel home after your first treatment and travel back for your second treatment.

If you are using hospital transport to come for treatment you may be unable to travel home between treatments as these journeys can unfortunately result in long delays. If you live outside the area and are bringing yourself for treatment you can return home but please ensure you are back within plenty of time for your second treatment. We also have on-site accommodation which patients may use should they meet specific criteria during the minimum six-hour gap and there is availability. The accommodation is Bowland House, and details are on the next page.

If you are planning to stay in the department during your six-hour gap, we advise you bring a drink and a packed lunch or money to purchase these. It is also important you bring any medications you may need while you are away from home. We also recommend you bring something to read or do while you wait. Our waiting area has books and magazines to read. The hospital also has free Wi-fi you can use on your mobile devices to help pass the time.

Radiotherapy treatment can make you feel very tired, so it is important you look after yourself. Try to stay well hydrated and eat an energy-rich diet. Should you feel unwell while in the department please do not hesitate to inform a member of staff. The radiographers will ask how you are feeling every day so please tell us if you are experiencing side effects or have any concerns.

If you are not travelling home between treatments we have a list of local facilities below, both within the hospital and the nearby area.

Bowland House

Bowland House is Royal Preston Hospital's onsite accommodation available to patients travelling long distances who require treatment. However, it is not always readily available and is determined on a case-by-case basis depending on availability and patient requirements.

Patients requiring Bowland House must meet specific criteria, which include:

- You must be able to travel from the Radiotherapy Department to Bowland House independently. This is a five-minute walk which involves walking outside the main hospital building. This is also accessible via wheelchair and mobility scooter.
- You must be able to administer your own medications and be fully self-caring.
- You must be able to access your own room without assistance, there is a lift on site if you do struggle with stairs.

If you meet these criteria and wish to stay in Bowland House during treatment, please inform a member of staff, and we will submit a request on your behalf.

Rooms in Bowland house are often in high demand so it is not always possible to guarantee availability.

Places to Eat

During the minimum six-hour wait, there are several locations where you can purchase food and drink.

- Rosemere coffee shop serves a variety of hot and cold drinks, and snacks. Both cash and card payments are accepted, with a minimum payment of £1 required for card transactions. This is open between 08:30-16:00 Monday-Friday.
- Charters restaurant is in the main hospital on the ground floor open from 08:00-14:00 every day. This serves a variety of hot and cold meals, with an additional salad and deli bar. There is also a Starbucks coffee shop available throughout the day.
- Costa/Snack Bar is located at the front of the hospital near the main entrance. This is open from 08:00-17:30.
- There is a WH Smith branch by the hospital entrance, which sells a range of snacks, groceries, toiletries, books, newspapers, cards, games, toys, and Marks & Spencer's pre-packed foods. This is open on weekdays 07:00-21:00.
- Vending machines within the hospital provide hot and cold drinks, sandwiches, and snacks 24 hours a day.

There are also water fountains within the radiotherapy department.

Local Amenities

During your gap in treatment, you do not have to remain on site. There are several places located just outside the hospital grounds, directly across from the main entrance. These include:

- Booth's supermarket and café
- Costa Coffee
- Subway

- Greggs
- Charity Shop

There are also bus stops near the Main Entrance of the hospital which have bus routes running to and from Preston City Centre regularly throughout the day if you feel well enough to travel.

Contact details

Should you require further advice or information please contact:

Radiotherapy Reception **(01772) 522923**

Appointments **(01772) 522931**

Transport **(01772) 522295**

If you would like to watch a short information video about radiotherapy, please scan the QR code below.



Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

Stop smoking services.

<https://www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service/>

Alcohol advice

<https://alcoholchange.org.uk/>

Macmillan at Rosemere Cancer Centre

<https://tinyurl.com/38z3d2fy>

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All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone 08081962638

**Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.**

Our patient information group review our new leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolve@LTHTR.nhs.uk

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