



Information for  
patients and  
carers

# Palliative Radiotherapy Treatment

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.

## 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.

## 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. We need to design your treatment so that it will be as accurate as possible. CT scanners 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 to remove some clothing to allow us to see the treatment area. The radiographers will try to keep you as covered as possible.

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.

## Contact details

Should you require further advice or information please contact:

Radiotherapy Reception/Transport queries (01772) 522900

Radiotherapy Appointment queries (01772) 522931

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.macmillan.org.uk](http://www.macmillan.org.uk)

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

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

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

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست ہو یسکت ہے برا ئے مہر یان پو ے یچھہ ی۔ معلومات

**Arabic:**

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلومات

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