



Information for
patients and
carers

Radiotherapy to the Prostate or Prostate bed

You should have also received the following leaflets:

- Radiotherapy- a general guide for patients and carers
- Planning your radiotherapy treatment
- Radiotherapy treatment
- Skin Care during radiotherapy treatment
- Dietary Advice during radiotherapy treatment

What are the benefits of this treatment?

The radiotherapy has a damaging effect on cancer cells it is given to try to kill the cancer cells in your prostate and reduce the chances of the cancer recurring. It may also cause damage to surrounding healthy tissues resulting in some side effects. Daily imaging CT scans are done to monitor the accuracy of your treatment. We cannot however monitor how well the treatment is working from these scans.

Are there any alternatives to this treatment?

For some men, hormone therapy alone may have been offered as an alternative to radiotherapy, or other forms of treatment such as surgery, brachytherapy or active surveillance may have been discussed. Your consultant will have discussed these options with you.

What will happen if you do not have this treatment?

If you choose not to have this treatment the cancer may continue to grow. Symptoms may develop and worsen. Some cancers may advance and become incurable.

Side effects (early reactions)

Fatigue

As radiotherapy can damage normal tissues close to or in the treated area, your body will use a great deal of energy to repair these damaged cells. This means that tiredness is a very common side effect of radiotherapy. If you feel fit enough, gentle exercise can help. Eating nourishing food and drinking plenty of water may also help to provide your body with the nutrients your cells need to repair themselves. Do not force yourself to do things you do not have the energy to do.

Sore, red skin (erythema)

Radiotherapy can make the skin in the treated area become itchy, red, and sore. You can minimise this by following the advice of the radiographers (and our skin care leaflet).

Bowel symptoms

Treatment may irritate your bowel and you might need to go to the toilet more often. Medication may be prescribed for you to help with this. You may develop tenesmus, which is an urge to open your bowels without passing anything. This can feel like constipation. You may notice an increase in the amount of wind you pass. If opening your bowels becomes painful or you notice some spotting of blood, let us know. These side effects are not uncommon so do not be alarmed. Please **do not** modify your diet or take any medication for your bowels without discussing it with a radiographer or consultant.

Bladder symptoms

You may experience changes in the flow of your urine, a need to pass urine more often, a need to pass urine urgently, a burning sensation on passing urine and/or a small amount of blood in your urine. Your consultant may be able to prescribe something to help with these symptoms. Drink plenty of water-based fluids such as cordial. Tea and coffee can make the symptoms worse. Some people find cranberry juice helpful. (**Please note:** - Check with health care team if cranberry juice is suitable. if you are diabetic or taking warfarin medication do not drink cranberry juice). Please tell the radiographers about any of these symptoms so they can ensure you do not have an infection. **Always** report any difficulty in passing urine to the staff.

Side effects (late reactions)

These may include bleeding from the back passage which can require medication or surgery, more urgent and frequent bowel opening and passing urine, impotence, reduced sperm count and/or a lack of semen and infertility.

Always make sure you let the radiographers know if you get any side effects. We need you to tell us exactly how you feel not only with regard to side effects, but also your general wellbeing. We are here to help.

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

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

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

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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 بو 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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Division: Surgery
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