The Radiotherapy Department

End of treatment information

Information for patients
You have now completed your radiotherapy treatment.

These are your treatment details

Site and number of treatments:

An appointment will be made to see you on:

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If you have any questions or need support and advice now that your radiotherapy has finished, please contact the Radiotherapy Department on **01865 235 465** in the first month following treatment. After this time, contact your family doctor, district nurse or cancer nurse practitioner.

The side effects of radiotherapy that you have experienced may worsen up to two weeks after radiotherapy has finished. The effects of radiotherapy continue developing and it may take a further couple of weeks to several months for you to feel back to normal, depending on the area of your body that has been treated. The timing of the follow-up appointment is important to allow the doctor to assess the effectiveness of the radiotherapy and to guide you with regards to the on-going side effects.

Skin care

Continue with your skin care until your skin has healed. This may take several weeks following treatment. The skin in the area you had treated will remain dry and sensitive to the sun. Exposure to the sun should be avoided by covering the treated area or using a high factor sun cream or sun block once your skin has completely healed. You may need to moisturise your skin more often.
Tiredness and emotion

The tiredness you experienced might continue after the treatment has finished. Continue to allow yourself extra time to rest, perhaps by taking a nap or going to bed earlier than normal.

Many people are relieved that their treatment is over, but it can still be an emotional time. You may feel anxious and uncertain before your appointment with the oncologist or you may be keen to return to your normal routines and find that the on-going tiredness and feelings are holding you back. This is natural and it is important to give yourself time to adjust – recovery time is individual.

Support may be available from family and friends. It might help you to resume some hobbies and social activities you enjoy – gentle exercise can boost your mood. Both you and those around you can find advice and support from the local Maggie’s Centre (see contact details overleaf). They will have information on local support groups, counselling services, complimentary therapies and other cancer support organisations. Your family doctor may also be a source of support and advice regarding the impact of your experience on your emotions and relationships (including sexual relationships) and may refer you to local counselling services.

Nutrition

It is important to continue to maintain a healthy diet and drink plenty of fluids. You may have found that your eating habits have changed, so continue to have small snacks throughout the day rather than big meals if you need to. If you continue having problems with eating, speak with your family doctor or nurse practitioner, who can arrange for you to see a dietitian if necessary.
Useful contacts

There are details of useful organisations, providing support and advice, in the General Radiotherapy leaflet.

Locally we have:

**Maggie’s Centre**
Churchill Hospital
Old Road
Headington
Oxford
OX3 7LE

Tel: 01865 751 882
Email: oxford@maggiescentre.org

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk