Radiation Therapy Information Sheet

• Radiation is typically a daily treatment available Monday through Friday, 8 a.m.-4:30 p.m. You will be in the building about 20 to 30 minutes every day for your radiation.

• Radiation is a "site specific treatment." It only works where the machine is pointed, and side effects from radiation only occur in the area we are treating.

• Be as active as you can tolerate, but do not overdo it. Make time to rest when your body tells you to because becoming overly tired is an added stress on the body.

• Generally, there are no restrictions on what you eat. We will weigh you weekly or more frequently if the doctor thinks that is necessary. Our dietitian is available to meet with you if nutrition is a concern.

• You will have a CT scan completed for treatment planning. The CT scan is not diagnostic so you will not receive anything unpleasant to drink or any IV contrast. The purpose of the CT scan is to get your anatomy into our computer system to allow your doctor and medical physicist plan your specific treatment field. The CT scan is done at MercyOne Waterloo Cancer Center. We will make small, permanent tattoos on your skin to help mark the treatment field. You can bathe and shower normally; the tattoos will not wash off.

• You will have a weekly visit with your radiation doctor while you are under treatment. These visits will be on Tuesdays and will add about 30 more minutes to your time in the building those days.

• Your nurses and doctors will work with you to help manage any side effects caused by the radiation treatments.

• You will also visit with a social worker to identify any potential concerns or problems before they become overwhelming.