

## Oncology Directorate and Haematology SDU

# Advice for Radiotherapy Patients – Prostate

This sheet contains some information and advice to help you look after yourself during your radiotherapy treatment.

Radiotherapy occasionally causes mild skin irritation in and around the treatment area, and it is important to look after your skin during treatment and to avoid any skin irritants.

- Wash gently in warm water with a mild, non-perfumed soap such as simple soap or baby soap.
- Bathing and showering are both fine, but do not use bath oils, bubble bath or perfumed shower gel and avoid soaking in the bath.
- We advise the use of Aqueous Cream or E45 to moisturise the skin in the treated area – this can be bought from most supermarkets and chemists. Apply sparingly once a day, and do not use **any** other creams or ointments on your pelvis without checking first with your treatment team.
- Avoid using hot water bottles or ice packs in the treated area.
- Try to wear loose fitting cotton or cotton mix underwear.
- It is fine to go swimming if you wish, but ensure that you rinse the treatment area thoroughly afterwards.

The treatment can also have side effects to your bladder and rectum (back passage)

- You may have some discomfort in the rectum, and loose stools or diarrhoea during treatment. If so, please report this to your treatment team.
- Do **not** change your normal diet unless you have loose stools or diarrhoea.
- If this occurs, reduce the fibre (roughage) in your diet – your radiographers can give advice on this.
- It is important that you have a **comfortably full bladder** for each treatment. Water fountains and disposable cups are situated in the waiting area near your treatment machine. If you need to empty your bladder before treatment, please try to drink at least 3 cups of water before your treatment.
- You may find you have an increase in frequency of passing urine, particularly at night, and you may experience some stinging or burning when you pass water. If this occurs, please report it to your treatment team.
- Try to drink 2 litres (4 pints) of liquid each day, excluding tea or coffee. This can be water, fruit juice, squash, or any drink not containing caffeine. A glass or 2 of wine, or a pint or 2 of normal strength beer is fine, but we do not recommend drinking spirits unless they are well diluted.

## Fatigue

- You may feel tired during radiotherapy treatment. This is not unusual and should gradually resolve after treatment is finished.
- Ensure you have enough rest, but also ensure you have a little light exercise each day – a short walk is adequate.

## Hormone Treatment

- Most patients have had hormone treatment before and during radiotherapy
- Some patients need to continue this, others can stop at the end of treatment
- If you are unsure if you need to continue or stop your hormone treatment, please ask the doctor or specialist radiographer in the review clinic.
- Please remember that treatment is tailored to fit individual needs – the patient next to you in the waiting room may not have the same treatment as you for a variety of reasons, and side effects will always vary between individual patients.

During the treatment you will have regular reviews with either your doctor or the specialist radiographer. Between these reviews, your team of treatment radiographers will be happy to answer questions or give advice if you have any concerns.

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Polish

Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Portuguese

Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Russian

若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Cantonese

Bu bilgiyi diger dillerde veya büyük baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Turkish

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করুন।

### Bengali



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Document history			
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