

Radiotherapy to the Chest



Hermitage Medical Clinic

A Community Hospital for our Patients' Needs

You will see the Radiation Therapists daily and your consultant weekly while you are on radiotherapy. If you are having difficulty contact us 01-6459045. For emergencies outside of radiotherapy hours please call the Hermitage Medical Clinic on 01-6459000.

Radiotherapy Side Effects

Coughing

- If you experience a productive cough do not swallow back down. Your consultant can prescribe some medication to alleviate this.

Nausea

- If you become nauseous your consultant can prescribe anti-sickness medication.

Loss of appetite/Difficulty swallowing/Weight loss

- Radiotherapy to the middle of your chest can irritate your throat and make it difficult to swallow food and drink.
- If you are struggling to eat as you normally would: try to eat little and often, eat your favourite foods and substitute lower calorie items for high calorie equivalents.
- Pain killers may be prescribed if necessary.
- You may experience heartburn and/or indigestion.

Skin Reaction

- Your skin can become red and itchy in the treatment area
- Use Simple Soap followed by E45 or Aqueous Cream to wash and moisturise the treatment area.
- Use "Crystal Stone" deodorant only.
- Wash the treatment area gently with warm water, and pat dry with a soft towel.
- Wear loose and comfortable clothing, preferably Cotton.
- Do not expose the treatment area to extreme hot or cold as it is now more sensitive.
- If your skin starts to become red or itchy avoid swimming as the chlorine may irritate your skin.

Tiredness

- You may become tired during and after you course of treatment.
- Know your limits and do not exceed them. Rest when you need to and get at least 8 hours sleep each night.
- Drink at least 2 litres of water daily and maintain a healthy balanced diet.
- Getting some fresh air and exercise may help you sleep better at night

Pregnancy Status (if applicable)

- It is very important that you do not become pregnant during the course of your radiotherapy.
- You will need to use contraception while you are on treatment if you are of child-bearing age and if you are sexually active. Your hospital or family doctor can give you advice on contraception, family planning or Well Woman Clinics will also advise you.

- If you think you may be pregnant please inform the Radiation Therapist or Consultant as soon as possible.