

Radiotherapy Side Effects

Skin Reaction

- Your skin can become red and itchy in the treatment area
- Use Simple Soap with E45 or Aqueous Cream to wash and moisturise the treatment area.
- Wash the treated skin gently with warm water, and pat dry with a soft towel.
- Wear something loose and comfortable, preferably Cotton.
- Do not expose the treatment area to extreme hot or cold as it is now more sensitive.

Tiredness

- You will 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.

Bladder Changes

- Your urinary frequency will increase.
- You may experience a sense of urgency and/or a burning sensation on urination.
- Avoid alcohol and caffeine.
- Drink 2 litres of water daily.
- Avoid drinking at night as this will increase your urinary frequency at night and disturb your sleeping pattern.

Bowel Changes

- The frequency of your bowel movements may be altered.
- You may develop tenesmus - the urge to open your bowels.
- You may have increased gas in your bowels.
- You may have blood in your stools.
- Follow The Hermitage Medical Clinic's Rectal Preparation Policy.