

Patient information factsheet

At the end of your radiotherapy treatment

This factsheet aims to answer some of the questions you are likely to have about finishing your radiotherapy treatment and explain what you can expect over the next few weeks.

How long can I expect to experience side effects for?

It's normal for the effects of radiotherapy to continue and sometimes worsen during the first few weeks after treatment finishes, so it's important to allow yourself time to recover. In the meantime you should continue to follow any advice you have been given about managing side effects.

It's likely that any tiredness may continue for several more weeks.

Your skin will remain more sensitive to the effects of the sun so you should remember to use a high factor sun cream for protection now and in future years.

Remember everyone is different and recovery from treatment and its side effects will vary from person to person.

Your follow-up appointment

You will receive a follow-up appointment with your consultant or a member of their team in a few weeks' time (this allows time for any side effects from your radiotherapy treatment to settle down). This is your opportunity to ask questions or discuss any worries or concerns you may have.

If you have any concerns or worries before this appointment you should either:

- See your GP, taking the letter given to you by your radiographer.
- Get in touch with your specialist nurse/site specialist.
- If you have been recently been cared for as an inpatient, telephone the ward on which you were treated.
- Contact your consultant's secretary to make an earlier appointment.

Further support

It's normal to experience a range of feelings after treatment.

The staff and volunteers at the Macmillan Cancer Information and Support Centre can help you find the information and support that you need during this time. The centre is situated on B level in the East Wing Courtyard at Southampton General Hospital and there is a drop in service Monday to Friday, 10am to 4pm. If you prefer, you can arrange an appointment by telephoning: **023 8120 6037**.

Useful links

NHS Choices – Radiotherapy, side effects:

www.nhs.uk/Conditions/Radiotherapy/Pages/Side-effects.aspx

Macmillan – Radiotherapy, after treatment:

www.macmillan.org.uk/information-and-support/treating/radiotherapy/radiotherapy-explained/after-treatment.html

If you need a translation of this document, an interpreter or a version in large print, Braille or on audiotape, please telephone 023 8120 4688 for help.