



PREPARING FOR YOUR RADIATION THERAPY TREATMENT

DO

Keep your appointments to avoid problems and extending your treatment. Please call us if you are going to miss a treatment.

Do call if you need to change your appointment times.

Wear comfortable clothes to therapy.

Wash your hands frequently to avoid infection.

Drink extra fluids.

Eat a regular and balanced diet. Eating small amounts several times a day is often better tolerated than large meals.

Continue your normal activities and things you enjoy doing unless your doctor advises otherwise.

Exercise as recommended by your medical team.

Give yourself time to relax and rest and get plenty of sleep.

Expect to have some fatigue and/or a skin reaction.

Let us know if you need resources in the community including transportation, financial support, or support groups.

Take advantage of the alternative therapies we offer, such as acupuncture and massage.

Get the emotional support you need. Ask about our support group.

Sign up for CaringBridge. Use the calendar page to coordinate help from family and friends, including rides to appointments, preparing healthy meals, taking care of pets and other needs.

DO (Continued)

Sign up for our patient portal, My Healing Plan, to learn about your cancer and treatment plan, stay informed and organized, get tips for staying healthy and active, have access to your medical records and lab results, and to communicate with us via email.

DON'T

Don't be afraid to ask questions. There's no such thing as an unimportant question or too many questions. We want you and your family to be well informed and comfortable with your treatment.

Don't skip appointments.

Don't rub your skin site. Be gentle and pat yourself dry after bathing.

Don't wait to call if you have a fever, are experiencing pain or have other concerns.

**Thank you for allowing us to participate in your care.
Please call 1-866-796-5433 with any questions.**