

After you finish your stereotactic radiotherapy treatment

This leaflet explains how to manage common side effects that may occur after your radiotherapy treatment has finished. Not all of these side effects will apply to you.

Common side effects after radiotherapy treatment

As you have received your radiotherapy treatment using an accelerated delivery method you may not have any side effects until after completion of the treatment. Many people having stereotactic radiotherapy have such small areas treated that they don't get any side effects. However, if you have had side effects from your treatment you can expect them to continue, or even become slightly worse, in the week or two after finishing treatment. This is normal and your symptoms will gradually improve over the next few weeks.

Fatigue

You may feel extremely tired for some time after the end of radiotherapy treatment. Your energy levels will gradually improve but please allow yourself time to recover and to slowly return to your usual activities.

Sleep disturbance

If you have had your brain treated, you can have sleep disturbance 4 to 6 weeks after completion of the radiotherapy. At this time, you may find that you're awake at night and sleepy during the day. This is temporary and will settle again.

Well-being

It is common to experience a change in your well-being after a course of radiotherapy has finished. This can happen as your focus changes from attending each day, to getting back to 'normal life.' The hospital offers many different kinds of support available through your Clinical Nurse Specialist, Maggie's Cancer Centre, on-line or some complementary therapies through the occupational therapy team. Please do ask if there is anything we can help you with.



Other Advice

Diet

If you were advised to avoid certain foods and / or alcohol during your radiotherapy treatment, please continue to do so for at least 2 weeks. After that, you can gradually start to return to your normal diet.

When will I get the results of my treatment?

Radiotherapy can keep working for several weeks after the course of treatment has finished. It is normal to wait at least 8 - 12 weeks before any further tests or scans are arranged for you. Your oncologist or key worker/clinical nurse specialist will discuss the precise plans for your follow-up care with you.

Ongoing medication:

If you have been taking some steroids during your SRS treatment, please ensure you follow the weaning instructions after treatment, and contact your key worker or primary team if you have questions regarding this.

What should I do if I feel unwell in the next few weeks?

If you feel unwell or develop new symptoms before your next appointment, you can contact your key worker/clinical nurse specialist or the oncology team (through your consultant's secretary).

If you have medical concerns out of hours you should phone the Royal Marsden Hotline on 0208 915 6899. You or your carer can ring this number 24 hour a day, 7 days a week.

How do I make a comment about my treatment?

If you have any suggestions or comments about your treatment, please speak to a member of staff or contact the Patient Advice and Liaison Service (**PALS**). **PALS** staff can listen to your concerns, suggestions or queries and help sort out problems on your behalf.

Useful contacts

PALS: 0800 783 7176

Switchboard: Chelsea: 020 7352 8171 or Sutton: 020 8642 6011

To contact your consultant's team (weekdays only) Please phone the hospital switchboard and ask to be put through to your consultant's secretary. Your consultant's name is on your finishing letter.

www.royalmarsden.nhs.uk

www.patientinfolibrary.royalmarsden.nhs.uk

www.maggies.org

