



Royal Berkshire
NHS Foundation Trust

Short course radiotherapy for lung cancer

Information for patients on
radiotherapy treatment

What happens next?

In the clinic today, you and your doctor have decided that you will have radiotherapy treatment for your cancer. This booklet discusses what you can expect during and after your treatment and gives some general advice and information.

You will be given time to discuss any concerns with the radiographer (a person trained to give radiotherapy) at your planning appointment.

Planning treatment

You will be contacted by telephone to arrange an appointment for the CT Scan which forms part of the planning of your radiotherapy treatment and which can take up to 1 hour. During this call please mention if:

- You have not had a blood test taken in the last 6 weeks as we may require you to take one prior to the planning scan.
- You have any problems with travel or appointment times and we will do our best to help you.

If you have not been called by the Radiotherapy Planning Department within a week of today's appointment, then you can contact us on the number below.

Telephone: 0118 322 7872

Monday-Friday

8.30am-9.30am

3.30pm-4.30pm

Your treatment will then be scheduled to start approximately 3 – 10 days after the planning CT scan.

What are the benefits of radiotherapy?

The benefits of radiotherapy are due to its effect against cancer in the area being treated. Radiotherapy uses high energy x-rays to kill cancer cells. Our bodies are made up of different cells, and all cells have the capacity to divide. If radiation hits a cell that is dividing, it will be damaged. Unlike normal cells, cancer cells are much less able to repair the damage so more of them will be destroyed.

The aim of your treatment is to relieve symptoms such as shortness of breath, pain, or coughing

Radiotherapy for lung cancer

Depending on the results of your surgery or biopsy, you will have been prescribed between 1 and 5 treatments. Your treatment may be given daily, or once a week, and your oncologist will have discussed with you the number of treatments you need.

Pregnancy

Female patients must not be pregnant or become pregnant at any time during a course of radiotherapy as radiation can be harmful to the unborn child. It is important to let the radiographers know if you have missed a period or suspect that you may be pregnant, before you are exposed to any radiation.

Female patients will be asked to confirm their pregnancy status prior to planning the radiotherapy and again on the first day of radiotherapy treatment. This applies to all women between the ages of 12-55 years and is a legal requirement.

CT scan – your planning appointment

Before the scan starts, one of the radiographers will explain what is going to happen and answer any of your questions.

During the CT you will lie on the CT couch with your clothes removed from the waist up. The radiographers will then help to position you on a wing board which is a device that allows your arms to be supported in a position raised above your head. This is to ensure your arms are clear of the area to be treated. See the pictures overleaf.

They will also use a red knee rest to allow you to be more comfortable for your treatment. Depending on the requirements of the oncologist, some patients may be scanned with their arms by their sides.



CT scanner with wing board and knee rest



Photograph showing the treatment position using the wing board

During this planning session the radiographers will draw some pen marks on your chest with a washable pen. The radiographers will then place some markers on your skin which will show up on the scan. Measurements are then taken to record the position for treatment. The Radiographers will then leave the room to start the scan. During the scan you will move through the scanner, however you will not see or feel anything. You can breathe normally throughout the scan.

The scan will take approximately 2 minutes. It will not hurt but it is very important that you stay very still during the scan. The radiographers are watching you throughout the whole procedure.

The final part of the planning procedure is to tattoo three points around your chest. This involves pricking the skin with a needle, which you may find a bit uncomfortable. This will produce very small pinpoint sized permanent black marks, which, used with the arm rest and knee supports, will allow the radiographers to make sure exactly the correct area gets treated each time.

Contrast injection ('dye')

The doctor may have asked for you to have an injection of contrast for the scan. Not everyone will have this but for some patients it is helpful as it shows more detail in the chest scan.

You may have had an injection of contrast for scans before. It involves having a cannula, which is bendy tube inserted into your arm or hand using a needle. The needle is only used to position the cannula and is removed once the cannula is in place. The cannula that is left in your vein is there to inject the contrast through and it is injected just before the scan starts.

The contrast injection may create a very warm feeling for about 20 seconds. This is often concentrated around the pelvis and groin area spreading down the thighs. It may also give you a metallic taste in your mouth. These are all common and disappear quickly.

The cannula will be removed about 15 minutes after your CT scan is finished.

If you have had an allergic reaction to contrast dye before, you must tell the radiographers before your scan.

After your CT scan you will be given the date and time for your treatment appointment. This will be approximately 3-10 days after your CT scan. This allows us to use your CT scan images to produce a computerized plan of your treatment.

You will be given a parking permit if you or a friend or relative drives you to the hospital for your appointments. You will also be shown where to report for your first treatment appointment.

Your first radiotherapy treatment

When you arrive for your treatment, please put your appointment card in the box on the wall in your treatment waiting area. A member of the radiography team will call you in for your treatment.

At your first treatment you will have a chat with one of the team of radiographers who will be treating you.

They will:

- Check your details.
- Give you a list of your first week of appointment times.
- Discuss the treatment procedure.
- Outline the potential side effects.
- Answer any questions you may have.

The Berkshire Cancer Centre is a training centre, so you may meet radiography students who may be involved with the delivery of your treatment under close supervision.

What happens during treatment?

Each time you attend the department for treatment we need to ensure we are treating the correct person. As you enter one of the treatment rooms, we will ask you to identify yourself by telling staff your name, date of birth and first line of your address. The staff will check this information against the treatment sheet that has your radiotherapy prescription.

You may be asked to change into a hospital gown before treatment. If you prefer, you can bring in your own dressing gown each day. The radiographers will take you into the treatment room and position you on the treatment couch in the same position as you were for your planning scan by lining up the tattoo marks on your chest. All the measurements for your treatment will then be set and checked.

This preparation may take quite a bit of time, and is often longer than the treatment itself. As part of this preparation, you will hear the radiographers calling out some numbers and measurements; this is how they check your position. You should breathe and swallow normally but try to stay as still as possible.

Once the radiographers are happy with your position, the machine will then be moved to the first treatment position. The treatment machine will not touch you.

It is very important you remain still, breathing quietly during your treatment, as during the CT scan.

The radiographers will leave the room, take an x-ray image to check your position and then start the treatment. Although you are alone in the room, the radiographers will watch you through closed-circuit monitors. If you need a radiographer during the treatment, raise your hand clearly and a radiographer will stop the machine and come into the room.

The machine will move around you and give you treatment from different angles. This is controlled by the radiographers outside. They may enter the room during the treatment, if so please try to keep as still as possible. You will not feel anything during the treatment, but you will hear a buzzing noise as the treatment is delivered.

During your first 3 treatments we will take x-ray images to confirm your treatment position. These are then repeated as required.

The total time of your first treatment will be approx 30 minutes.

Subsequent treatments should take between 10 and 15 minutes.

Once we have started your course of radiotherapy treatment, we aim to go through it without any breaks or days off.

After treatment

While radiotherapy can destroy cancer cells it may also have an effect on some of the surrounding normal cells and so you may experience some symptoms and side effects.

Side effects and their intensity will vary from patient to patient – everyone is different and reacts differently to the treatment. It is important you keep the radiographers informed of any side effects you experience.

Radiotherapy does not make you radioactive and it is perfectly safe for you to be with other people, including children, after your treatment.

Possible side effects

Tiredness: Your body will use a lot of energy over the course of the treatment and added to the travelling and anxiety of this you may feel tired. The tiredness will start whilst you are on treatment and could continue for a few weeks after treatment has finished. You should try and pace the activities that you do during the day and have a sleep or nap if needed. There is no reason why you shouldn't continue with your usual daily activities as you feel able.

Problems with swallowing: Towards the end of your course of treatment, you might experience difficulty in swallowing. This may be very uncomfortable. You may notice heartburn and indigestion. This happens because the radiotherapy can irritate your gullet (oesophagus). Tell your doctors, radiographers or specialist nurses if you have problems swallowing, as they can arrange to give you medicine and painkillers to help. Some of these medicines are only available through the hospital but other painkillers can be obtained from your GP as well.

It may be uncomfortable to drink very hot or very cold drinks. It is also helpful to avoid spicy foods.

If you don't feel like eating, or have problems with swallowing, you can replace meals with nutritious, high-calorie drinks. These are available from most chemists and can be prescribed by your GP. We can also arrange for you to see a dietitian at the beginning of your radiotherapy, for advice about the best types of food to eat.

The soreness will get better by itself, but often takes a couple of weeks after treatment has finished.

Skin reaction: One of the side effects you may experience from the treatment is a skin reaction in the area we are treating. This begins as a mild reaction similar to sunburn and may become dry and itchy.

To reduce the skin reaction we advise that:

- After showering or gentle washing, towel dry the treatment area by patting not rubbing the skin, ideally allow the skin to dry naturally.

- Apply a moisturising cream twice a day to moisturise the treatment area, although you should avoid applying cream one hour before your treatment.
- Try to keep natural fibre clothing against your skin.
- Avoid applying hot or cold heat sources to the treatment area.
- Avoid exposing the treatment area to the sun.

If you experience any itching in the treatment area, please let the radiographers know and they will advise you further.

Pain or discomfort: If you experience any pain or discomfort, you can take painkillers, such as paracetamol, following the dosage instructions on the packaging.

Cough: The radiotherapy may cause some temporary inflammation and irritation in your lung, which may cause or increase an already present cough; this can be treated with cough medicine prescribed by your oncologist.

Haemoptysis (blood in the sputum): As the radiotherapy can cause some temporary inflammation in your chest there may be some bleeding from some of the small blood vessels in your lungs, which you may cough up. This is nothing to worry about but please let one of the radiographers know at your next treatment.

Shortness of breath: As already mentioned, the radiotherapy may cause some inflammation in your lung and this may cause or increase any already present shortness of breath. This can be relieved with medications prescribed by your oncologist and by resting as required to help you catch your breath.

Long term side effects

Lung fibrosis: Your lung may lose some elasticity following radiotherapy and this may cause a decrease in your lung volume and cause you to become short of breath more quickly than you may have experienced previously.

Please ask your team of radiographers or your specialist nurse if you have any questions or concerns.

If you have questions, it may help to write them down and discuss them when you next visit the hospital.

Contact details.

Lung Nurse Specialists: 0118 322 8994

Berkshire Cancer Centre: 0118 322 7888 (9am-5pm)

Radiotherapy Clinic: 0118 322 7890 (9am-5pm)

Macmillan Cancer Information Centre: 0118 322 8700

Patient Relations Team: 0118 322 8338

Further information

Macmillan Cancer Support

0808 808 2020

www.macmillan.org.uk

British Lung Foundation

www.lunguk.org

08458 505020

For more information about the Trust, visit our website at www.royalberkshire.nhs.uk

Notes:

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This document can be made available in other languages and formats upon request.

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