

# What happens after finishing gynaecological radiotherapy?

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This information leaflet has been given to you to explain what to expect after you have completed your radiotherapy treatment.

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## Acute / short-term side effects of treatment

Side effects of radiotherapy treatment may continue to get worse after completion of treatment, peaking approximately 10 days after radiotherapy. After two weeks, the side effects should slowly start to settle down.

Please remember to continue with all advice regarding skin care and diet during the two weeks after treatment. When returning to a normal diet or skin care regime remember to re-introduce things slowly to enable you to determine which item, if any, may cause irritation. If you have any concerns during this time please contact your review radiographer on the telephone number at the end of this leaflet.

## Follow-up

Your first follow-up will be 4-6 weeks after completion of your radiotherapy. This may seem like a long period of time but because radiotherapy continues to work in the body after finishing radiotherapy, sufficient time must be allowed to ensure side effects have settled. If you have not received an appointment within three weeks please contact the Berkshire Cancer Centre Clinic on the telephone number at the end of this leaflet.

Follow-up thereafter is 3-4 monthly in years one and two, and 6-monthly in years three to five. Please note: no patients will be required to have a scan before their 4-6 week follow-up. Those who require a scan will be informed by their doctor during the first follow-up appointment.

## Late / long-term side effects

Late / long-term side effects are those that do not go away or develop months or even years after completing radiotherapy. You will have been given a booklet on 'managing the late effects of pelvic radiotherapy in women' by your review radiographer. Alternatively you can find a copy of this on the Macmillan website at <https://www.macmillan.org.uk>. It can be worrying to read about the late / long-term effects of radiotherapy but it is important to remember not everyone will suffer from late effects and for those that do, most can be treated successfully.

If you do suffer from any late / long-term side effects it is important to discuss these with your radiotherapy doctor. Depending on the late effects you get and how much they are affecting you, it may be necessary to refer you to a specialist in that area.

The booklet you have received has many hints and tips to help you after you have finished your radiotherapy in addition to many contact numbers should you have any further questions or concerns.

If you are experiencing incontinence or urgency when needing the toilet, please inform your review radiographer prior to finishing your radiotherapy. They will be able to provide you with a 'toilet card' for you to carry with you when you are out and about. This can be used to help you access toilets more quickly without the need to explain why.

### Contact Information

Dr O'Donnells Secretary	0118 322 6911
Berkshire Cancer Centre Clinic	0118 322 7890
Lisa Clarke (Clinical Nurse Specialist)	0118 322 8195
Lisa Revans (Review Radiographer)	0118 322 7872

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

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