

### Parking during Treatment

You will be given a parking permit to use in one of the radiotherapy parking spaces; this must be returned to the Oncology Reception at the end of your course of radiotherapy.

### Post Radiotherapy

If you need any assistance after radiotherapy has finished, please contact:

Macmillan Radiographer                      01803 654273

For further information there are booklets available  
**FREE OF CHARGE FROM MACMILLAN CANCER  
SUPPORT Freephone 0808 808 00 00 (Mon-Fri 9am-8pm)**

### Contact details

Please amend these details to match your own (and then delete this sentence!)

Department

Postal address

] 01803 #####

✉ [email@nhs.net](mailto:email@nhs.net)

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[www.torbayandsouthdevon.nhs.uk/](http://www.torbayandsouthdevon.nhs.uk/)

## PATIENT INFORMATION

# Lymph Node Radiotherapy (Female)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

## **Introduction**

The following information is not intended to be comprehensive, but should give you an idea of what to expect during and soon after your radiotherapy treatment here at Torbay.

## **General Principles of Radiotherapy**

Radiotherapy means the delivery of powerful x-ray beams to a carefully defined area of the body containing a cancer or from where the cancer has been removed.

The type of radiotherapy you will receive is called 'external beam'. This means that the radiation is delivered from a machine, which generates x-rays, a "linear accelerator". The radiation is only produced when the machine is turned on so once your treatment is finished you do not become radioactive.

## **Arrangements for your Radiotherapy**

It is very important that we can target the radiotherapy as accurately as possible to this end, a CT scan with you lying in the same position as for the radiotherapy itself, enables us to locate the area to be treated.

With your consent some small permanent reference marks will be placed on your skin. These are used to help reproduce your position accurately during treatment. If you do not wish to have these marks, then the radiographers will discuss other options plus the additional responsibilities on your part to ensure any temporary marks are not lost.

Photographs/electronic images will also be acquired, with your consent. These will be kept in your notes or stored electronically.

Verification: A further image will be taken on the treatment set to confirm your position prior to commencing treatment.

## **Treatment Details**

Treatment is given daily Monday to Friday but not at weekends. There will probably be 20 treatments in total, depending on the tumour type and the surgery performed, each lasting approximately 15 minutes.

Treatments will be re-arranged if days are missed due to machine breakdown.

At least one image will be taken with the linear accelerator during treatment to check on your position.

## **Side Effects**

Radiotherapy will affect some of your normal tissues. You may feel tired, you are unlikely to feel sick and you will not lose your hair.

The adjacent arm or leg (if treating the groin or armpit) and the skin may be affected as follows:

### **Arm or Leg**

The arm or leg can become slightly swollen and this can persist. The lymph drainage channels can be damaged. It may be necessary to arrange help from the Lymphoedema Service. The arm or leg may become stiff and every effort should be made to keep it moving and as supple as possible.

### **Skin**

The skin may become sore and reddened towards the end of the course of radiotherapy. A moisturising cream can be applied to reddened areas. The skin may also break down in parts, in particular the skin creases; specific creams can help this situation and you will be given advice on what to use by the radiographers. Please check before you use any of your own creams. Your skin is closely monitored during treatment.