



SHAUKAT KHANUM MEMORIAL CANCER HOSPITAL & RESEARCH CENTRE

RADIOTHERAPY TO ABDOMEN OR PELVIS

Patient Information

Leaflet #: 3-3

**7-A Block, R-3, M.A Johar Town, Lahore-Pakistan.
Phone #: 042 – 5945100, UAN: 111-155-555**

SPECIFIC RADIOTHERAPY TREATMENT

Treatment techniques and side effects vary with different areas of the body. This section looks at the abdomen or pelvis.

RADIOTHERAPY TO THE ABDOMEN OR PELVIS

If treatment to the abdomen or pelvis is planned for you, this section may be helpful. You may have ink marks on your skin which outline the treatment field and make sure your radiotherapy is given accurately. Please do not remove these.

What are the particular side effects?

You will probably experience some of the general side effects of radiotherapy. Much of this section gives more detailed advice about these effects and how to manage them. There may also be specific effects on organs within the abdomen and/or pelvis. These usually occur about three weeks after treatment has begun.

1. Any hair within the treatment field will gradually fall out. Hair loss is usually temporary and regrowth may take place in the months after the end of the treatment.
2. The skin within the treated area may become red or sore. You may wash the area as normal but try to do it very gently. A shower is ideal. Use a mild unperfumed soap.
3. If your skin is irritated or itching, you may dust it with baby powder as often as you want. It is soothing and also acts as a mild deodorant.
4. Sometimes your skin may become quite sore and moist in patches, especially skin folds. If this happens, stop using baby powder and tell your nurse or doctor straight away. The doctor may prescribe, or suggest, a cream to ease the skin reaction. This is the only substance you should put on the area.
5. Do not use any other creams, deodorants or perfumes on the skin within the treated area. Do not put hot water bottles or ice packs onto it.
6. If you have concerns about your personal hygiene, speak to your nurse or doctor.

7. The skin of the treated area may be sensitive, even after your radiotherapy has finished. Protect your skin from sunlight. Use sunblock on naked skin areas. Try to stay in the shade.
8. Wear loose, comfortable clothing during your treatment. Avoid tight belts and restricting underwear.
9. If you have ink marks on your skin, you may find they smudge onto your clothes. Stains can be removed using a good washing powder but, even so, you may like to wear older or less special clothes during your treatment.
10. You may feel, or be, sick due to radiotherapy to your abdomen or pelvis. Tell your nurse who will ask the doctor to prescribe medicine to treat this.
11. Your bowel motions may become loose or you may develop diarrhea. Again, tell the nurse who will inform the doctor to prescribe something to treat this.
12. Your nurse or the nutritionist can give you advice about your diet. You may need to avoid particularly rich, spicy or oily foods.
13. During treatment try to drink about two litres of fluid each day.
14. Your bladder may be included in the treatment field. You may want to pass urine more frequently and also have some discomfort.

If you have bladder cancer, your urine may become cloudy or contain bits of tissue or blood and this may cause pain. This can be normal effect of radiotherapy and your urine does not contain cancer. Continue to drink about two litres of liquid a day and tell your nurse or doctor that this is happening. Symptoms usually disappear or settle within four weeks of finishing treatment. If they continue, speak to your doctor.

If you are unsure about what you should or should not do or how long you should continue with any precautions, please ask your nurse or doctor.

What about eating and drinking?

Treatment to your abdomen or pelvis may upset your stomach and reduce your appetite. You may find it is difficult to eat and drink normally.

You may find the following suggestions helpful.

- Eat small meals frequently---five or six times a day.

- Eat light but nutritious food meals, such as fish, chicken and eggs.
- Use foods which, you like most but not spicy foods.
- Drink extra fluids, if you find you are eating less.
- Use high-energy drinks, such as Complan, Ensure to supplement your meals.

Where can you get help?

If you have any queries or problems related to your health, please contact:

Radiation Department of Shaukat Khanum Memorial Cancer Hospital
& Research Centre

Phone # 0092 – 42 – 5945100

Ext. # 2469 (Radiation Nursing)

Time: 8:00 am – 5:00 pm

Days: Monday – Friday

Reference: CancerBacup (UK)