



Kent Oncology Centre

Finishing Radiotherapy

Information for patients

Now that you have completed a course of radiotherapy you may wish to know about the continuing side effects and the follow up process. We hope this leaflet will answer your questions but if you would like to speak to one of the team at any time please feel free to use the contact numbers below:

Macmillan Radiotherapy Specialists

Maidstone Hospital	 01622 225094
Kent and Canterbury Hospital	 01227 766877 ext. 722 2711

Kent Oncology Macmillan Information Centre

Maidstone Hospital	 01622 227064
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Feelings and side effects

When treatment finishes you will probably be looking forward to returning to normal, although it is quite usual to feel a bit low. Your daily visits for treatment have been routine over the last few weeks. Now the daily visits have finished the regular reassurance is no longer there and you may still be experiencing some of the side effects previously described to you.

Radiotherapy side effects are likely to continue for a number of weeks after treatment has finished. Sometimes the side effects may actually worsen during this time, but this is quite normal. It is important to take good care of yourself, eating well and resting as appropriate.

The medical staff will give you advice to follow in the weeks after your radiotherapy, which may include skin care and modifying your diet. Please follow this advice for at least a couple of weeks, but if you are feeling anxious please contact us. As the side effects improve you may choose to gradually reintroduce your previous routine.

Please be aware that treated skin will permanently be more sensitive to the sun and wind. Care should **always** be taken to prevent burning by using a sun block or by covering the treated area.

There are various booklets available offering information and details of where to obtain support to help you recover physically and emotionally. Please ask a member of staff or a Macmillan Specialist or ask at the Kent Oncology Macmillan Information Centre. There may be local support groups that meet in your area whose contact details you can be given.

Key contact details are given on the back pages.

Returning to work

Many patients wish to return to work soon after completing their radiotherapy treatment; this is perfectly alright if you feel able and your doctor has not advised otherwise.

Follow up

You will be given a follow up appointment approximately four to eight weeks after completion of your radiotherapy. If you have not received this date within one month of finishing treatment please contact the Kent Oncology Centre reception on:

Maidstone ☎ 01622 225080

Canterbury ☎ 01227 783010

This appointment is to see how you are recovering from the side effects and to give you an opportunity to discuss any concerns. Your recovery will be assessed through general examination and discussion. In most cases a scan will not be required at this stage.

These check-ups will continue either with the Oncologist or with another consultant involved in your care. How long the check ups continue will vary depending on the site of the tumour. Your GP will be kept informed of your progress.

Some patients require telephone follow up one week after completing their radiotherapy treatment. The radiotherapy staff will inform you if this is the case and will tell you on which date to expect the follow up call – however, they will not be able to specify a time.

Contact us

If you have any questions regarding radiotherapy please contact the Macmillan Radiotherapy Specialist Team (Monday to Friday, 9.00am to 5.00pm) on the numbers at the front of this leaflet. There is a 24 hour answer phone service available for **non-urgent** messages.


For out of hours emergencies please contact your GP or ring 111, NHS helpline.

Further information and advice can be obtained from:

Kent Oncology Macmillan Cancer Information Centre

 01622 227064

Macmillan Cancer Support

 0808 808 0000 (Freephone)

Website: www.macmillan.org.uk

Kent and Medway Cancer Collaborative could use your help: Share your experiences, good and bad to influence future care. They are always looking for people with experience of cancer to get involved.

 01233 651905

E mail: ekhuft.kmcc.ppe@nhs.net

Visit: www.KMCC.nhs.uk

Patient Experience Teams for East Kent patients

Kent and Canterbury Hospital

Desk at the outpatients' entrance of the hospital

Queen Elizabeth the Queen Mother Hospital

Office at the main entrance of the hospital (Ramsgate Road)

William Harvey Hospital

Desk at the main entrance of the hospital

Email: ekh-tr.patientexperienceteam@nhs.net

☎ 01227 783145 or 01227 864314

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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