

# BRAIN RADIATION INSTRUCTIONS

DO	DO NOT
<p><b>Fatigue Management</b></p> <ul style="list-style-type: none"> <li>• Do take short naps during the day.</li> <li>• Do activities that are important to you and do them when you have the most energy.<sup>3</sup></li> <li>• Do ask for help with chores when needed.</li> <li>• Do try to do light exercise as it may give you more energy and can help you feel better.</li> </ul> <p><b>Hair Care</b></p> <ul style="list-style-type: none"> <li>• Do use a hairbrush with soft bristles or a wide-tooth comb to reduce stress on the hair shaft.<sup>3</sup></li> <li>• Do gently wash hair with mild shampoo one to two times per week using lukewarm water.</li> <li>• Do apply sunscreen with a SPF of 15 or more on the face and wear a hat.<sup>3</sup></li> <li>• Do wear a comfortable head covering to protect the scalp from sun, wind, or cold such as scarf, hat, and/or beanie.<sup>3</sup></li> <li>• Do apply Aloe™ or Eucerin™ cream to treatment site after treatment and before bed.</li> </ul> <p><b>Nausea and Vomiting</b></p> <ul style="list-style-type: none"> <li>• Do take an anti-nausea medication as prescribed by your provider.</li> <li>• Do eat small frequent meals throughout the day instead of eating large meals.</li> <li>• Do drink plenty of water and fluids to stay hydrated. Try to sip on liquids like water, ginger ale, tea, and/or sports drinks throughout the day.</li> <li>• Do ask others for assistance with food preparation if you are sensitive to smells.</li> <li>• <u>Do separate solids from liquids, to reduce volume in your stomach.</u></li> <li>• <u>Do stick to foods that are cold or room temperature, to cut down on offensive odors.</u></li> </ul>	<p><b>Fatigue Management</b></p> <ul style="list-style-type: none"> <li>• Do not drive until you're cleared by your healthcare provider.</li> <li>• Do not take long naps during the day as they can affect your ability to sleep at night.</li> <li>• Do not consume alcohol and alcohol containing products.<sup>3</sup></li> <li>• Do not over schedule your days without giving yourself breaks.</li> </ul> <p><b>Hair Care</b></p> <ul style="list-style-type: none"> <li>• Do not use hair dryers on hot air setting (cool setting is okay), hair irons, or products such as gel or hair clips that may hurt your scalp.<sup>3</sup></li> <li>• Do not apply hair dyes or permanent treatments to the hair during radiation.<sup>3</sup></li> <li>• Do not apply sunscreen to the scalp.<sup>3</sup></li> </ul> <p><b>Nausea and Vomiting</b></p> <ul style="list-style-type: none"> <li>• Do not eat greasy, spicy, fried, or sweet foods as it may upset your stomach.</li> <li>• <u>Do not eat strong smelling foods, as they may trigger nausea.</u></li> </ul> <p><b>Eye Care</b></p> <ul style="list-style-type: none"> <li>• If radiation is to the eye, do not wear any contact lenses during radiation therapy as they can cause serious eye infections.<sup>1</sup></li> </ul>



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<p><b>Eye care</b></p> <ul style="list-style-type: none"><li>• Do hydrate your eyes with preservative-free artificial tears that can be purchased over the counter.</li><li>• Do use warm compresses at bedtime to decrease inflammation to the eyelid surface.</li><li>• Do use sunglasses or eyeglasses to protect eyes from the wind or from airborne debris on windy days.</li></ul> <p><b>Seizures</b></p> <ul style="list-style-type: none"><li>• Do ask friends and family members to learn seizure management.</li><li>• Do tell your family members or friends to call 911 if a seizure lasts more than 5 minutes, if you have multiple seizures in a row, or if there is no recovery of consciousness after the seizure stops.</li><li>• Do enjoy your normal activities.</li><li>• Do take your medicine exactly as prescribed.</li><li>• Do wear a medical alert bracelet to alert others of your condition.</li></ul>	<p><b>Seizures</b></p> <ul style="list-style-type: none"><li>• Do not do any hazardous activities, such as mountain climbing or scuba diving.<sup>2</sup></li><li>• Do not operate heavy machinery or drive a vehicle until cleared by your healthcare provider.<sup>2</sup></li><li>• Do not use any medication without talking with your healthcare provider first.<sup>2</sup></li><li>• Do not swim alone or participate in any similar activities without others nearby.<sup>2</sup></li></ul>

## REFERENCES

- Rigg, J. (2012, November 02). Protecting Your Eyes during Cancer Treatment. Retrieved from MD Anderson CancerCenter:<https://www.mdanderson.org/publications/cancerwise/protecting-your-eyes-during-cancer-treatment.h00-158755479.html>
- The StayWell Company, LLC. (2019). Retrieved from Krames On Demand: <https://www.kramesondemand.com/Browse.aspx>
- Watkins Bruner, D., Haas, M. L., & Gosselin-Acomb, T. K. (2005). Manual for Radiation Oncology Nursing Practice and Education, Third Edition. Pittsburgh: Oncology Nursing Society.