# Brain Radiation Instructions

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<th><strong>DO</strong></th>
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| **Fatigue Management**<br>• Do take short naps during the day.<br>• Do activities that are important to you and do them when you have the most energy.<br>• Do ask for help with chores when needed.<br>• Do try to do light exercise as it may give you more energy and can help you feel better.<br><br>**Hair Care**<br>• Do use a hairbrush with soft bristles or a wide-tooth comb to reduce stress on the hair shaft.<br>• Do gently wash hair with mild shampoo one to two times per week using lukewarm water.<br>• Do apply sunscreen with a SPF of 15 or more on the face and wear a hat.<br>• Do wear a comfortable head covering to protect the scalp from sun, wind, or cold such as scarf, hat, and/or beanie.<br>• Do apply Aloe™ or Eucerin™ cream to treatment site after treatment and before bed.<br><br>**Nausea and Vomiting**<br>• Do take an anti-nausea medication as prescribed by your provider.<br>• Do eat small frequent meals throughout the day instead of eating large meals.<br>• 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.<br>• Do ask others for assistance with food preparation if you are sensitive to smells.<br>• Do separate solids from liquids, to reduce volume in your stomach.<br>• Do stick to foods that are cold or room temperature, to cut down on offensive odors.<br><br>**Fatigue Management**<br>• Do not drive until you’re cleared by your healthcare provider.<br>• Do not take long naps during the day as they can affect your ability to sleep at night.<br>• Do not consume alcohol and alcohol containing products.<br>• Do not over schedule your days without giving yourself breaks.<br><br>**Hair Care**<br>• 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.<br>• Do not apply hair dyes or permanent treatments to the hair during radiation.<br>• Do not apply sunscreen to the scalp.<br><br>**Nausea and Vomiting**<br>• Do not eat greasy, spicy, fried, or sweet foods as it may upset your stomach.<br>• Do not eat strong smelling foods, as they may trigger nausea.<br><br>**Eye Care**<br>• If radiation is to the eye, do not wear any contact lenses during radiation therapy as they can cause serious eye infections.
# Eye Care

- Do hydrate your eyes with preservative-free artificial tears that can be purchased over the counter.
- Do use warm compresses at bedtime to decrease inflammation to the eyelid surface.
- Do use sunglasses or eyeglasses to protect eyes from the wind or from airborne debris on windy days.

# Seizures

- Do ask friends and family members to learn seizure management.
- 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.
- Do enjoy your normal activities.
- Do take your medicine exactly as prescribed.
- Do wear a medical alert bracelet to alert others of your condition.

- **Do not** do any hazardous activities, such as mountain climbing or scuba diving.
- **Do not** operate heavy machinery or drive a vehicle until cleared by your healthcare provider.
- **Do not** use any medication without talking with your healthcare provider first.
- **Do not** swim alone or participate in any similar activities without others nearby.

## REFERENCES