# LUNG RADIATION INSTRUCTIONS

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<th><strong>DO</strong></th>
<th><strong>DO NOT</strong></th>
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| **Activities of Daily Living (ADLs)**  
- Do continue activities of daily living (ADLs). ADLs are basic self-care tasks that include walking, feeding, dressing and grooming, toileting, bathing and transferring.  
- Do continue your daily personal and work activities to the extent you feel able. Fatigue is common in people with cancer, but it’s different for each person.  
- Do stay as active as you can. Regular moderate exercise—especially walking—is a good way to ease fatigue. Not only can exercise help fatigue, it can help you sleep better.  
- Do have someone accompany you to radiation treatments. | **Activities of Daily Living (ADLs)**  
- Do not exercise too late in the evenings, avoid extreme temperatures, and tanning booths.  
- Do not smoke and avoid smoke-filled areas. Also, avoid irritants and pollutants to the respiratory tract.  
- Do not fail to report to your physician if you experience any fever, cough, and/or shortness of breath as it could be a sign of pneumonia.  
- Do not include swimming activities unless authorized by your physician. |
| **Skin Care**  
- Do wash the area being treated daily using a mild, fragrance free soap, such as Dove-Sensitive Skin® or Aveeno®. Be gentle on treatment area and pat dry. Use a fragrance-free moisturizer twice daily to intact skin after radiation treatment.  
- Do wear cotton and loose clothing as much as possible to prevent rubbing on the skin.  
- Do wear protective clothing and stay out of the sun. Apply sunscreen as indicated by your physician. | **Skin Care**  
- Do not apply lotions/creams to treated skin two hours prior to radiation or check with your physician for further instruction.  
- Do not use products that contain alcohol, which may cause skin dryness.  
- Do not use wipes or luffa sponges.  
- Do not use anything hot or cold, such as heating pads or ice packs directly on the treated skin.  
- Do not wear tight fitted clothing, to avoid rubbing on the skin that is being treated.  
- Do not use perfumed laundry detergent to wash clothes. |
| **Nutrition/Oral Care**  
- Do follow a combined liquid and soft diet. Try foods such as cooked cereals, mashed potatoes, and soups.  
- Do include high protein, soft foods like Greek yogurt, soft cooked eggs, creamed soups, fish and meats with gravy.  
- Do stay hydrated throughout your treatment.  
- Do ask your physician about prescriptions to coat and reduce inflammation of the esophagus. Pain medication can also be prescribed.  
- Do consult a dietitian for guidance. | **Nutrition/Oral Care**  
- Do not eat heavy evening meals.  
- Do not start new supplements or vitamins without the approval of your radiation oncologist. A daily multivitamin is ok.  
- Do not stop any prescriptions medications without first consulting with your physician. |
**OTHER CONSIDERATIONS**

- Most side effects of radiation are limited to the area being treated. Skin changes in the area can range from dryness, itching, and peeling and may appear about 2 weeks into radiation treatment. Most skin reactions heal 1 to 3 weeks after radiation therapy stops.

- Some people who receive radiation therapy may feel an internal burning pain or food getting stuck in the chest, called esophagitis, which usually develops 2 to 3 weeks into radiation treatment. Esophagitis typically resolves within 2 to 4 weeks after symptoms occur.

- Occasionally, people develop a fungal/bacterial infection of the esophagus which is treated with appropriate medication. Symptoms of esophagitis may include difficulty and/or painful swallowing, weight loss, dehydration, and possible aspiration of food or liquid. You should advise the clinical staff as soon as any symptoms occur. Typically, radiation is not interrupted.