

# LUNG RADIATION INSTRUCTIONS

DO	DO NOT
<p><b>Activities of Daily Living (ADLs)</b></p> <ul style="list-style-type: none"> <li>Do continue activities of daily living (ADLs). ADLs are basic self-care tasks that include walking, feeding, dressing and grooming, toileting, bathing and transferring.</li> <li>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.</li> <li>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.</li> <li>Do have someone accompany you to radiation treatments.</li> </ul> <p><b>Skin Care</b></p> <ul style="list-style-type: none"> <li>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.</li> <li>Do wear cotton and loose clothing as much as possible to prevent rubbing on the skin.</li> <li>Do wear protective clothing and stay out of the sun. Apply sunscreen as indicated by your physician.</li> </ul> <p><b>Nutrition/Oral Care</b></p> <ul style="list-style-type: none"> <li>Do follow a combined liquid and soft diet. Try foods such as cooked cereals, mashed potatoes, and soups.</li> <li>Do include high protein, soft foods like Greek yogurt, soft cooked eggs, creamed soups, fish and meats with gravy.</li> <li>Do stay hydrated throughout your treatment.</li> <li>Do ask your physician about prescriptions to coat and reduce inflammation of the esophagus. Pain medication can also be prescribed.</li> <li>Do consult a dietitian for guidance.</li> </ul>	<p><b>Activities of Daily Living (ADLs)</b></p> <ul style="list-style-type: none"> <li>Do not exercise too late in the evenings, avoid extreme temperatures, and tanning booths.</li> <li>Do not smoke and avoid smoke-filled areas. Also, avoid irritants and pollutants to the respiratory tract.</li> <li>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.</li> <li>Do not include swimming activities unless authorized by your physician.</li> </ul> <p><b>Skin Care</b></p> <ul style="list-style-type: none"> <li>Do not apply lotions/creams to treated skin <u>two hours prior</u> to radiation or check with your physician for further instruction.</li> <li>Do not use products that contain alcohol, which may cause skin dryness.</li> <li>Do not use wipes or luffa sponges.</li> <li>Do not use anything hot or cold, such as heating pads or ice packs directly on the treated skin.</li> <li>Do not wear tight fitted clothing, to avoid rubbing on the skin that is being treated.</li> <li>Do not use perfumed laundry detergent to wash clothes.</li> </ul> <p><b>Nutrition/Oral Care</b></p> <ul style="list-style-type: none"> <li>Do not eat heavy evening meals.</li> <li>Do not start new supplements or vitamins without the approval of your radiation oncologist. A daily multivitamin is ok.</li> <li>Do not stop any prescriptions medications without first consulting with your physician.</li> </ul>



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## 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.

