

PELVIC RADIATION INSTRUCTIONS

DO	DO NOT
<p>Activities of Daily Living (ADL's)</p> <ul style="list-style-type: none"> Do continue activities of daily living. ADL's 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. Do sleep 7 to 8 hours each night. <p>Skin Care</p> <ul style="list-style-type: none"> Do wash the area with warm water and mild soap. Do take a warm sitz baths to relive pain. Pat the skin afterward or let it air dry. Do let your doctor or nurse know if your rectal area is sore or bleeds. Do wear loose-fitting, cotton undergarments. <p>Nutrition</p> <ul style="list-style-type: none"> Do stay hydrated throughout your radiation treatment. Do eat small frequent meals. Do eat foods and drink liquids that are high in protein and calories. Do ask your physician or nutritionist about adding liquid nutritional supplements to your diet if you are not eating enough food. 	<p>Skin Care</p> <ul style="list-style-type: none"> Do not use products that contain alcohol which may cause skin dryness. Do not swim in chlorinated pools or Jacuzzis. Do not sunbathe while you are undergoing radiation treatment as skin reactions may intensify. Do not shave in the area that is being treated. Use only an electric razor or clipper. <p>Nutrition</p> <ul style="list-style-type: none"> Do not eat foods that cause bloating and gas such as broccoli, cauliflower, beans, dairy products, and sodas. Speak to your radiation team if you need further suggestions to decrease gas and bloating. Do not start a weight loss diet. We want you to maintain your weight during treatment, regardless of your current weight. Do not start new supplements or vitamins without the approval of your radiation oncologist. A daily multivitamin is okay.



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OTHER CONSIDERATIONS

Diarrhea (increased bowel movements)

- Consume a low fiber diet. Avoid eating spicy, greasy, or fried foods. Avoid milk or dairy products such as cheese or ice cream as well as drinks with caffeine or alcohol.
- You may start Imodium™ (over the counter medication) for radiation induced diarrhea.
- Consider a BRAT Diet- B- Banana, R- Rice, A- Applesauce, and T- Toast when diarrhea occurs.
- **Avoid sugary drinks, i.e. Gatorade, as it tends to increase frequency of bowel movement. If you need an electrolyte replacement, use a low sugar formula as an alternative.**

Sexual Health

- During radiation treatment you may continue to have sexual intercourse and activity as you feel comfortable, unless contraindicated by your medical team. You may have some discomfort or bleeding.
- Females in childbearing age need to use contraception.
- You might experience vaginal dryness, itching and/or tightness. Please speak with your medical team if you have such concerns.
- You may lose some or all the hair on the pubic area. The hair often grows back after treatment.

Bladder/ Urination

- You may feel the need to urinate more frequently or feel a burning sensation when you urinate.
- Treatment depends on the cause. If you have an infection, you may need antibiotics, or you may be given medicines to help relieve the pain.
- Contact your radiation oncologist or nurse if you experience frequent or burning urination.
- Discuss your symptoms with your radiation oncologist. If you begin having increased urinary frequency, you may be a candidate for a medication that helps improve these symptoms.

REFERENCES

- Deborah Watkins Bruner, RN, PhD; Marilyn L. Haas, RN, CNS, ANP- C; Tracy K. Gosselin- Acomb, RN, MSN, AOCN (2005) Radiation Oncology Nursing Practice and Education- Third Edition, ONS Publishing Division
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