

DIARRHOEA

Radiation of the upper abdominal area can cause loose stools or diarrhoea, as well as bloating. If you experience any of these symptoms, you should try to avoid milk and dairy products in general, wholegrain bread, large amounts of fruit and raw vegetables. Contact the treatment staff for advice.

NAUSEA

In some cases, the radiation treatment may cause nausea. If you experience nausea there is medication available which can alleviate your symptoms.

If you experience side effects or have other questions related to your treatment, you are always welcome to ask the radiotherapy staff. You can also address these issues with your doctor during your scheduled appointments.

Radiotherapy to the upper abdominal area



Treatment

Each treatment session lasts for 10 to 20 minutes. The actual radiation only lasts for one to five minutes. You will receive treatment every day, except weekends and public holidays. During the treatment period, the staff will use the treatment machine to take a special type of x-ray images. These images are not used to evaluate the effect of the treatment, but they are an important quality control to ensure that the treatment remains on target.

Follow-up during treatment

During the course of treatment, you will be required to take blood samples at regular intervals. . You will also be scheduled for doctor's appointments in the outpatient's clinic (Kreft Poliklinikk). During your appointments with the doctor, you can address any questions you may have regarding your illness and the treatment. If you need prescriptions or a sick leave certificate, please request this during your doctor's appointment. It can be useful to make a list of questions for the doctor prior to the appointment.

Smoking

Research shows that smoking during radiotherapy reduces the effect of the radiation on the tumour. This is probably connected with the fact that the effect of radiotherapy depends on the access to oxygen in the tissue. Smoking limits oxygenation of the tumour tissue, it is therefore important that you abstain from smoking during the weeks you are undergoing radiotherapy.

If you need further information on smoking and radiotherapy, we recommend that you address this issue with your doctor.

Side effects from radiotherapy

Radiotherapy can cause side effects. Side effects often become apparent one to two weeks into the treatment and will generally subside two to three weeks after completion of the radiotherapy.

Common side effects are:

FATIGUE

Radiotherapy can make you feel faint and tired. Get plenty of rest and fresh air during treatment, and go for walks outside when possible.

A balanced and nutritious diet is important. During radiotherapy you should also drink plenty of fluids. Your body needs from 1.5 to 2 litres of fluid every day. If you are in an employment situation, you should be able to work as usual if you feel up to it.

SKIN REACTIONS

There is a possibility that the surface of your skin will become irritated. Signs of redness, tenderness or itching are not to be ignored. During the treatment period we recommend that you wash the radiated area with a mild, non-perfumed soap. Avoid taking baths, and use the shower instead. Do not rub radiated skin, but gently pat the skin dry with a soft towel.

If your skin becomes red and tender, you may use a recommended lotion. Apply the lotion to radiated skin after each treatment. Avoid clothes that are tight-fitting, and try to use soft cotton clothes. Your skin must be clean and as dry as possible. Damaged skin should be exposed to air, but protected from the sun.