5 After treatment

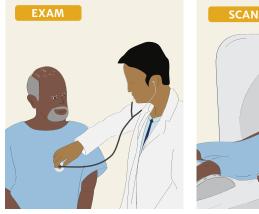
Assessing radiation's effects on cancer and your body

- ·The effect of radiation is still at work in your body
- Side effects begin to subside 2-3 weeks after treatment ends
- · Contact the clinic if your side effects worsen or are not improving
- · You may be advised to follow a specific diet to reduce your side effects
- · Your doctor may prescribe medication for your side effects

CONTINUING CARE

Doctors & nurses continue to monitor George long term. They watch for any side effects. George continues to have imaging scans. He exercises to maintain his well-being and health.

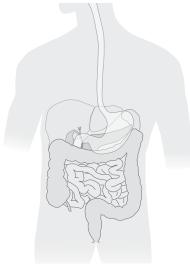
He may have additional chemotherapy, surgery, or other treatments.





My Information

DOCTOR'S SKETCHPAD





MY PLANNING SESSION

| , | | | ann | | |
|-------------------------------------|-------|----------------------|-------|--|--|
| / | at | : | pm | | |
| Before my planning session, I need: | | | | | |
| 🗆 a CT scan | 🗆 blo | ood work | | | |
| 🗆 an MRI scan | 🗆 ora | al contrast | | | |
| 🗆 a PET scan | □af | full bladder | | | |
| □ fiducial markers | 🗆 lim | nit food/drinks for_ | hours | | |
| 🗆 an enema | | | | | |
| □ to stop medication | ח(s) | | | | |
| | | | | | |

During my planning session, I will receive:

| \Box a mold | marks or tattoos | \Box a catheter |
|---------------|------------------|---------------------|
| 🗆 an IV | 🗆 a bolus | rectal contrast |
| | | 🗆 a vaginal dilator |

Planning my treatment will take_

TREATMENT INFORMATION

 \Box

Throughout treatment, I will see my doctor every **M** Т Th F

Before each visit, I need to:

I may receive:
a boost

lacktriangleright have a full bladder □ take chemotherapy pill □ limit food/drinks for____ hours \Box to take medication(s) ____

MISSING APPOINTMENTS

- · Contact us to reschedule
- \cdot Each missed day will be added to the end of your treatment schedule
- Long breaks between appointments could make your treatment less effective

CHEMOTHERAPY

You may receive chemotherapy along with radiation. \Box daily (pill) every ____ week(s)

Chemotherapy may start before radiation and may continue after. You may require a 'port'.

Chemotherapy and radiation treatment have different side effects. You can contact either clinic with questions or concerns.

Other doctors on your care team: Medical oncologist (chemotherapy):

Surgeon:

Customize, and print phone number section from file:

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| TREATMENT TRACKER | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 2 | |
|-------------------|--|----|
| visits | | 20 |
| | 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 4 | 40 |

boost treatments)

DISCUSSION GUIDE DIGESTIVE SYSTEM

Your radiation

1 Consult Discussing radiation treatment

Doctor discussing radiation treatment

George is about to receive radiation treatment for cancer. George's experience will give you an idea of what to expect. Your radiation treatment may be different.



days/

weeks





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WHAT IS EXTERNAL BEAM



treatment pathway

• Consult

Understanding your radiation treatment

Planning session

Determining the best treatment position

• Treatment planning

Your care team creates your custom plan

Treatment

Visiting your clinic daily for radiation

• After treatment

Assessing radiation's effects on treatment site and your body

Today, George is here for his first appointment. The nurse and doctor examine George. George and his care team discuss his radiation plan.



RADIATION ONCOLOGIST

DOCTOR



may include Dietitian, Social Worker, and Medical Assistant.

Other members

What is the goal of my radiation treatment?

I have heard some things about radiation. Are they true?

Will the radiation affect my skin?

What side effects are more or less likely to occur? short term? long term?

How long will the treatment be?

How will radiation affect my chemotherapy?

Can I still work and see people?

Patients with cancer of the digestive system may have a feeding tube or an ostomy bag. The radiation beam will not target these.

RADIATION TREATMENT?

A machine delivers doses of high energy rays. These rays kill cancer cells in and around your digestive system tumor site.

HOW WILL RADIATION AFFECT ME?

Radiation will not hurt. You will not see, smell or feel the radiation beams. In fact, you will not be able to tell that you are receiving treatment.

Most people continue to work, engage with others and live their normal lives while undergoing radiation treatment. However, please allow yourself the space to heal and rest.

You may have side effects like upset stomach, diarrhea, pain when swallowing, not feeling hungry, and fatigue. You may also experience skin redness, soreness or peeling. Other side effects are possible.

If you notice any changes in your health, tell your nurse or doctor. You can talk to your care team anytime.

2 Planning session Determining the best treatment position

• Duration: 60 - 75 minutes

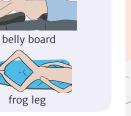
- This is called a 'simulation scan'
- No radiation treatment happens today
- ·Radiation therapists position your body for the best treatment. They make sure you are comfortable. They make a mold for support.
- The make notes about your position. This way they can put you in the same position everytime.

Be sure to tell the therapist if you are uncomfortable.

Your care team may use these techniques to make sure radiation is going to the right place:



compression belt active breathing



May also include: contrast dye, skin marks, or other devices

3 Treatment planning Professionals create your custom plan

Your care team will use the planning scan to create your radiation treatment plan. Usually, this will take 5-7 work days.

Depending on your case, it might also take more or less time to develop your plan.

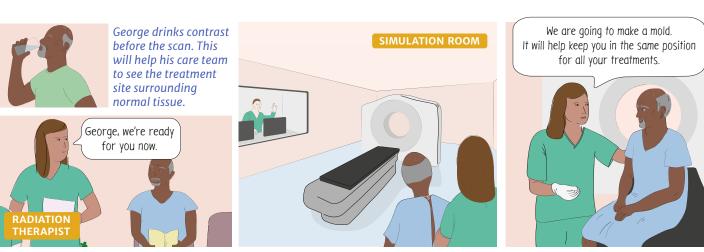
Your plan targets your tumor site in the digestive system. It limits the radiation dose on healthy tissues.

control



4 Treatment Visiting your clinic daily for radiation

- Duration: 15-45 minutes
- The first treatment is usually longer
- · You will see your doctor and nurse at least weekly
- · Depending on your case, the details of your treatment may differ



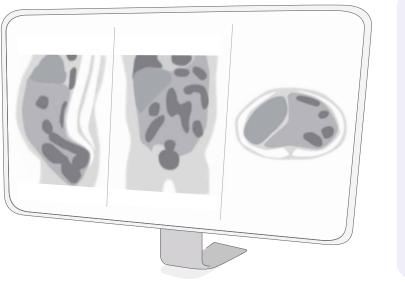
Radiation therapists position George with support devices. This will help him remain still during radiation treatment.





We'll see you on your first day of treatment.





IN THE MEANTIME Plan



$\hfill\square$ Arrange transportation to and from the clinic

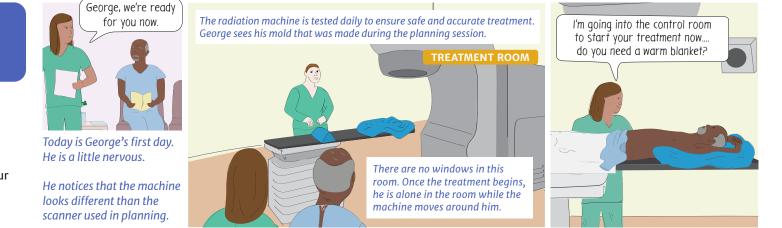
Coordinate with your family, your job, and other people so you can come for appointments and focus on healing

Prepare for treatment

- □ Get answers to your questions and concerns about insurance and billing
- □ Speak with a dietitian
- □ Pick up medication

Seek Support

- □ Consider reaching out to friends, family, and others
- □ Speak with a social worker
- □ Your nurse can refer you to other support services if needed



Whrrrrr....buzz...click...click...click....click....click....CLICK

Even though you can't see us, we can see and hear you.

V



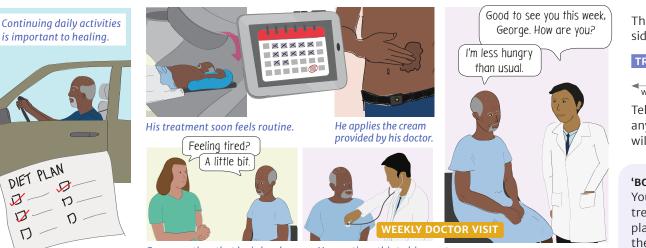




All done! You did great!



In between treatments, George goes about his day normally. He can safely be around friends and family. He is not radioactive.



George notices that he is less hungry. He mentions this to his care team.

There is a 2-3 week delay in noticing side effects.

TREATMENT

side EFFECTS

Tell your nurse and doctor if you notice any changes in your overall health. They will give you instructions on skin care.

'BOOST'

You may receive extra targeted radiation treatments called a 'boost.' Another planning session may be needed before these treatments.