

2 Planning session

Determining the best treatment position

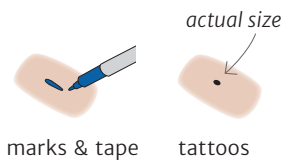
- Duration: 60–90 minutes
- This is also called a “simulation scan”
- No radiation treatment happens today
- Radiation therapists position your body for the best treatment. They make a record so they can put you in the same position every time

Be sure to speak up if you cannot hold your position. The goal is to relax in this position. This is difficult if you are uncomfortable.

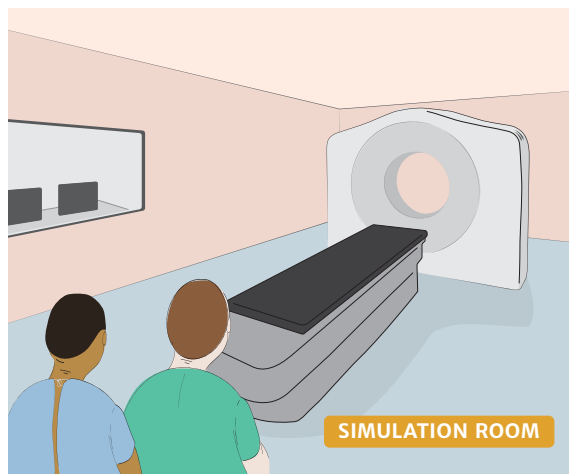
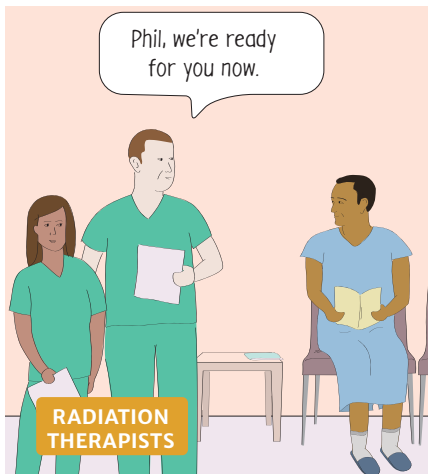
Everyone’s position is different.

OTHER POSSIBILITIES

- enema
- oral contrast
- IV contrast
- rectal contrast
- penile clamp

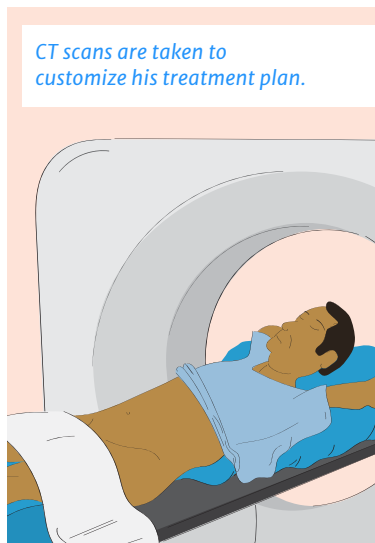
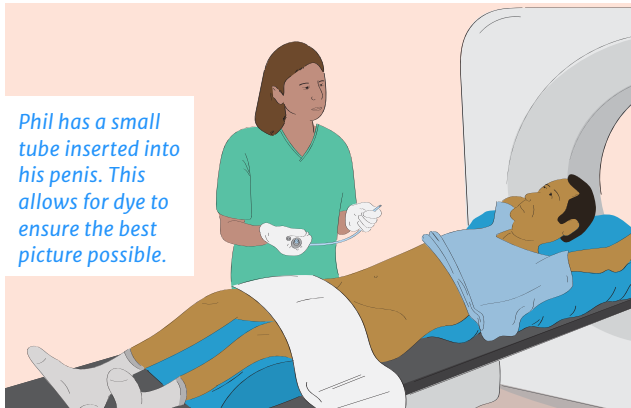


You may receive these markings during this session or in treatment.



Radiation therapists position Phil with support devices to help him relax and remain still.

They also draw marks on his body to help align him to the radiation.



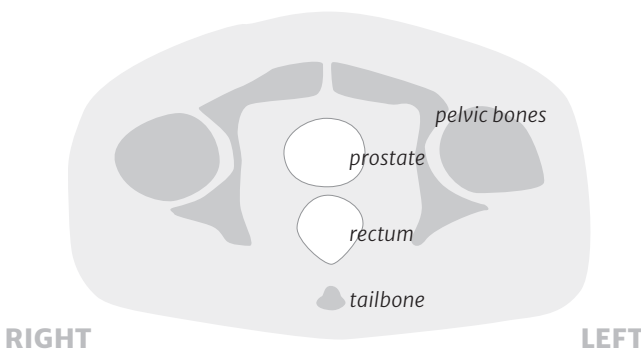
3 Treatment planning

Professionals create your custom plan

- Duration: 3–10 weekdays
- Your plan targets the cancer and limits radiation on healthy tissue
- Your plan is tested before you are treated



DOCTOR'S SKETCHPAD



IN THE MEANTIME

- Plan**
- Arrange transportation to the clinic
 - Coordinate with work and others, so you can come to treatments and focus on healing
- Prepare for treatment**
- Find a water bottle to use before treatments
 - Get answers to your questions about insurance and/or billing
- Seek Support**
- Consider reaching out to friends, family and others
 - The nurse can refer you to other services

4 Treatment

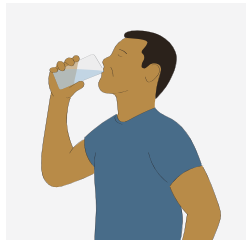
Visiting your clinic daily for radiation

- Duration: 15–45 minutes
- The first treatment is usually the longest
- Before treatment, drink water and don't go to the bathroom until after treatment
- For many, not peeing is the hardest part of treatment
- Your nurse and doctor will see you weekly. You should mention any side effects like changing bladder and bowel habits

BEFORE TREATMENT

A full bladder moves the bladder and small bowel away from the radiation field.

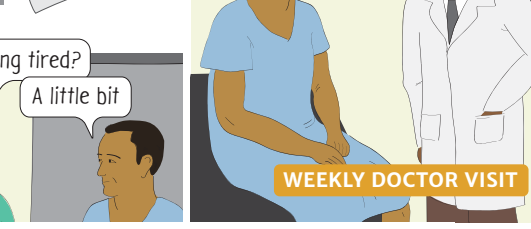
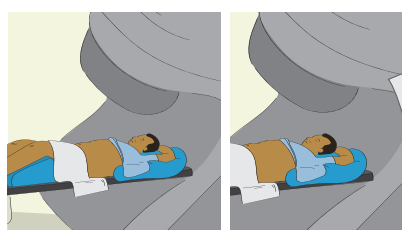
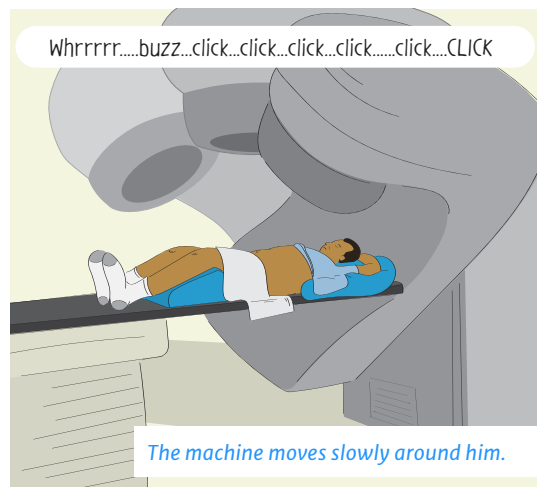
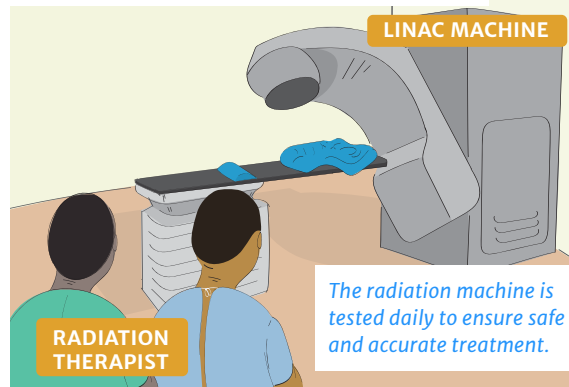
Try to drink at the same time before every treatment. Inconsistent water levels may delay your treatment that day.



Your experience may be different than Phil's.



Phil notices that the treatment room has thick walls and no window to the control room. His mold from the planning session is on the table.



Phil's bladder and bowel habits have changed. He mentions this to his doctor.

Tell your nurse and doctor if you notice any side effects or changes in your health.

There is a 2–3 week delay in feeling side effects.



'BOOST'

You may receive extra targeted radiation treatments called a 'boost.' It will feel just like your other radiation treatments.

A brachytherapy boost is also possible.