

**Radiation Therapy Discharge Guidelines**

The guidelines in this handout will tell you what to expect after you complete your radiation treatments. They will also tell you how to take care of yourself.

Symptoms may last for weeks or months. Most symptoms will go away over time. Sometimes they are permanent. Your doctor will ask you about your symptoms at your follow up visit.

**Guidelines**

Skin reactions may worsen for 7 to 10 days after your final treatment. During this time, gently clean and moisturize your skin with the approved skin products. Let your markings slowly wear off.

**Protect your skin.** Even after the skin in the treatment area has healed, it will be sensitive. Protect your skin from injury and avoid direct sun. If you cannot avoid the sun, use a sunscreen with a SPF of 30 or higher. Use a skin moisturizer until your oil glands are back to normal.

**Eat a well-balanced diet.** Drink at least 8 glasses of fluid each day. Avoid caffeine and alcohol. Drinking fluids will help to speed the healing process.

**Return to your normal diet slowly.** If you were on a special diet to control the side effects of your treatment, follow this diet until the side effects go away. Then, slowly return to your normal diet to prevent the return of symptoms.

**Get plenty of rest.** Pace yourself and adjust your normal routine, as needed. It may take weeks or months before your energy level returns to normal

**Call in advance for prescription refills.** If your radiation doctor prescribed you narcotic pain medicine and you need a refill, please call the clinic **at least 5 days** before you need the refill.

**You will need follow-up visits.** You will need to see your radiation doctor so that he or she can see how you are doing after treatment. Please see your local doctor for all other health concerns.

When you return for a follow-up visit, please check in on the second floor in the Town Square. Then, check in at the Radiation Oncology desk. If your visit is at East Clinic, please check in at the main desk in the lobby of the first floor.

Your follow-up visit with Dr \_\_\_\_\_ is scheduled for \_\_\_\_\_

**When to Call**

If you notice that some parts of your skin become open and weepy, if you get a fever, or if you notice large amounts of thick drainage, call your radiation doctor or nurse.

Some people feel nervous when their treatment is finished. Please call us with any questions or concerns.

**Who to Call**

UW Hospital  
 Radiation Oncology Clinic,  
 Monday to Friday, 8 am to 5 pm  
**(608) 263-8500**

UW Health East Clinic  
 Radiation Oncology Clinic  
 Monday to Friday, 8 am to 4:30 pm  
 Nurses' desk **(608) 504-4177**  
 Treatment Unit **(608) 504-4180**

After hours, nights, weekends, and holidays, call **(608) 263-8500** to reach the paging operator. Ask for the radiation doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

The toll-free number is **(800) 323-8942**.

Thank you for allowing us to be a part of your cancer treatment. We look forward to seeing you in follow up.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5596