

If it seems your follow-up appointment has been overlooked, please contact your consultant's secretary (see number below).

Your consultant oncologist will write to your GP explaining the treatment you have received.

Summary of your treatment

Date your radiotherapy finished:

Dose received: _____ Gy in _____ sessions

Follow-up clinic appointment:

Hospital:

Date and time:

Radiotherapy consultant:

Secretary to your consultant:

Contact Us

Radiotherapy

Radiotherapy Basement, King George V Wing (KGV), St Bartholomew's Hospital, West Smithfield, London EC1A 7BE

Radiotherapy Reception **020 3465 5222**

Emergency Hotline (when the department is closed) **07917 093 738**

Macmillan Cancer Information Centre

Vicky Clement-Jones

Ground Floor, West Wing, St Bartholomew's Hospital.

Just drop in Mon-Fri 10am-12noon and 2-4.30pm. Or call on **020 346 56611**. If calling outside working hours, ring Macmillan free on 0800 808 00 00 or visit the Macmillan website.

Maggie's Centre @ St Barts

St Bartholomew's Hospital, West Smithfield, London, EC1A 7BE

Tel: 0203 904 3448

Drop in Mon-Fri: 9am-4pm

<https://www.maggiescentres.org/our-centres/maggies-barts/>

Useful Information

www.macmillan.org.uk/information-and-support/treating/radiotherapy/radiotherapy-explained/after-treatment.html

Patient Advice and Liaison Service

Please contact us if you need general information or advice about Trust services:

www.bartshealth.nhs.uk/pals

Large print and other languages

For this leaflet in large print, please speak to your clinical team.

For help interpreting this leaflet in other languages, please ring 020 8223 8934.

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Tweet us **@NHSBartsHealth**

Talk to us via **www.facebook.com/bartshealth**

Leave feedback on NHS Choices www.nhs.uk

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Barts Health
NHS Trust

Patient information

After your Radiotherapy has Finished

Useful Telephone Numbers

- Radiotherapy Reception **020 3465 5222**
- Emergency Hotline **07917 093 738** (when the department is closed)
- Maggie's Centre **0203 904 3448**
- St Bartholomew's hospital **020 7377 7000**



How should I take care of my skin after radiotherapy?

Continue with your recommended skin care for a period of four weeks, or until your skin reaction has settled.

Avoid exposing the treatment area to the sun and wind at all times. Cover up well e.g. use a wide brimmed hat or high neck / long sleeve top and always use sun block SPF 50 on the treatment area for life.

What should I eat and drink?

Ensure you drink sufficient fluids – aim for 2 Litres per day. Water, soft drinks, tea or juice all count towards this.

Continue with any special dietary advice until your symptoms resolve, then gradually return to a well-balanced diet.

How long will it take to recover?

After your treatment, you should allow yourself time to recover as it is common for side effects to be at their most severe towards the end of treatment.

Your side effects may get slightly worse before they get better over the next 2-3 weeks. Any tiredness you have can sometimes continue for several months.

I'm worried about the side effects – who can I talk to?

If you have any concerns about your side effects, please do not hesitate to contact us on the number at the back of this leaflet. Or drop in to the radiotherapy department. We are here to help.

If you have an urgent medical problem relating to your radiotherapy outside working hours (i.e. evenings and weekends), please contact our **emergency hotline: 07917 093 738**.

All other medical problems should be referred to your GP as usual, during normal working hours.

When can I go back to work?

If you are tired after your treatment has finished, it may be advisable to consider taking a break from work. Sometimes it is more beneficial to allow time for your body to recover rather than continuing to struggle with tiredness.

If possible, it may be a good idea to go back to work on a part-time basis initially if possible. Speak to your consultant at follow up to discuss a sick certificate if required.

When can I play sports/exercise again?

This will depend on how you feel and the type of treatment you have had. It may be best to start slowly and build up exercise gradually. If you have any difficulties, i.e. fatigue or injuries, stop immediately until you have recovered. Recovery time varies from person to person. Listen to your body and don't push too hard too quickly. Please discuss any concerns regarding this with your GP or oncologist at your follow-up appointment.

The Maggie's Centre (0203 904 3448)

Finishing cancer treatment can be unnerving and can cause a lot of stress both physically and emotionally.

The Maggie's Centre at St Barts is a facility which provides patients and family with free practical, emotional and social support.

It also offers many workshops including yoga, dance classes, information drop in clinics and counseling on

a one-to-one basis as well as group sessions.

I'm finding it hard to adjust emotionally – who can I talk to?

A diagnosis of cancer, the actual treatment and physical effects of this, inevitably have an emotional impact. For many people, coping with the fear of the cancer coming back is the hardest part of finishing treatment.

When your treatment ends, it is natural to feel insecure and anxious. If you find that your concerns or worries persist, please do not hesitate to contact your GP or visit The Maggie's Centre.

Be assured, the people there are very used to helping with such feelings and supporting patients emotionally.

Follow-up appointment

You will be given an appointment to see either your consultant oncologist or the consultant who referred you for radiotherapy. Your appointment may be either at St Bartholomew's (Barts) or The Royal London Hospital – either way, you can book an appointment at the reception desk. If your appointment is not at Barts or The Royal London but another hospital, the appointment letter will be sent by post to your home address.

Getting to the hospital

If you requested hospital transport for your treatment at St Bartholomew's or The Royal London Hospital, you will need to visit Barts Transport website to book transport.

<https://www.bartshealth.nhs.uk/transport>