

## Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔

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## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: [www.bartshealth.nhs.uk/pals](https://www.bartshealth.nhs.uk/pals)

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All our patient information leaflets are reviewed every three years.

## Patient information

# Radiotherapy at St Bartholomew's Hospital: General Information

### Important:

**You must tell us if you have a pacemaker as we may need to monitor your heart during your treatment.**

**You must tell us if you are pregnant or think you could be pregnant as cancer treatment can harm an unborn child.**

Please be aware that you may be seen by male and female staff. We cannot guarantee to accommodate a 'male staff only' or 'female staff only' request.

We do not have chaperones available. It is likely that you will have to wait until after your appointment time for us to try and accommodate a request for gender specific staff.



## **Useful Contacts**

### Radiotherapy

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

Radiotherapy Reception 020 3465 5222: (Mon-Fri 9am-5pm)

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

### Macmillan Cancer Information Centre

West Wing Ground Floor, St Bartholomew's Hospital  
Mon-Fri: 10am- 4.30pm  
Tel: 020 346 56611

### Maggie's Centre at 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/>

### Support websites and useful information

#### Cancer Research UK

Nurse Helpline: 0808 800 4040  
<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/radiotherapy/about>

#### Macmillan

<https://www.macmillan.org.uk/cancer-information-and-support/treatment/types-of-treatment/radiotherapy>

Before your treatment starts you will have a conversation with one of the Radiographers. You may find it useful to write down any question you have beforehand. Feel free to use the space below to do this.

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## Side effects of radiotherapy

We plan your radiotherapy treatment so that the radiation dose given to the tumour is maximized whilst minimising damage to surrounding normal tissues. It is not possible to avoid the normal tissues completely which can contribute to the experience of side effects.

Most side-effects you have will be limited to the area you have the radiotherapy – side effects and how to manage them will be fully explained to you on your first day as they are site specific.

If you have any questions regarding Radiotherapy side effects please speak to your Radiographer treatment team, the Radiotherapy Nurses, or your Medical Team.

If you are a smoker, we strongly advise that you give up prior to commencing your treatment as smoking makes your treatment less effective. In addition, smoking can make any reactions that you have more prominent and increase the likelihood of long-term side effects.

For help quitting, please call the Barts Health smoking helpline on: 0800 169 1943. Your GP practice may also run free nurse-led smoking cessation clinics.

## Introduction

You have been given this leaflet because you have been referred for radiotherapy.

Radiotherapy is a treatment involving the use of high-energy radiation which is delivered using machines called Linear Accelerators (Linac). The Linac machine aims carefully measured doses of radiation at the treatment area. The delivery of radiation is painless, although there may be some side effects which will be explained to you.

This leaflet will tell you all about our appointment system, the staff you will meet, how to find us, as well as general advice.



Linear Accelerator

## How to find us

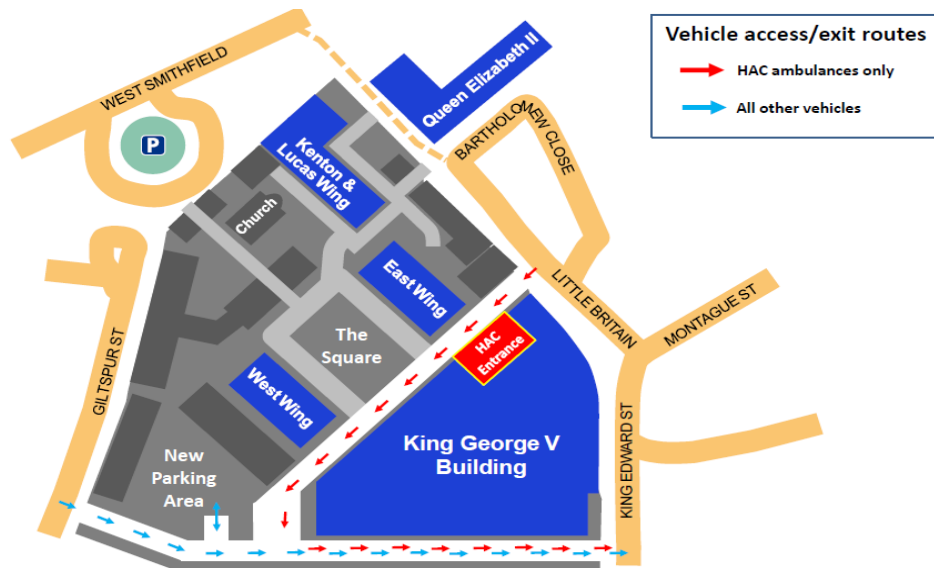
Radiotherapy is based in the King George V building at St Bartholomew's Hospital.

**By bus:** The following buses stop outside or close to the hospital: numbers 8, 25, 46, 56, 100 and 521. Low-floor wheelchair accessible buses run on all routes serving St Bartholomew's.

**By tube:** The closest tube station is St. Paul's. Barbican, Blackfriars, and Farringdon are a 5-10 minutes' walk.

**By train:** The nearest National Rail stations are Blackfriars, Cannon Street, City Thameslink and Farringdon. All are located within walking distance of the hospital. Liverpool Street station is a short tube, bus or taxi ride away.

**By car:** Car access is available via Giltspur street- there are 5 parking bays for Disabled users with valid blue badges. There is no public parking, however there are five patient drop off areas with a maximum 10 mins stay limit. The nearest public parking is available on West Smithfield.



## General advice during treatment

- You may feel more tired during your course of treatment. Listen to your body and allow yourself extra time to rest if you need it. It is fine to carry on your daily routine/work if you feel well enough.
- Drink plenty of fluids and eat a balanced diet. Reduce caffeine and reduce or cut out any alcohol. A dietician is available once a week if you are having problems eating and drinking, please speak to your Radiographers if this is something you think would be helpful.
- When washing, use lukewarm water, pat the area dry. You can use a basic moisturising cream in the area which may help manage any skin reaction. **Do not use any oils in the treatment area.** You can continue to use deodorant, unless the skin in the area become sore. For further skincare advice please speak to your Radiographer treatment team, or the Radiotherapy Nurses.
- Avoid exposing the treatment area of excessive sun and wind.

## Planning your treatment

Before your radiotherapy treatment begins, we will ask you to attend the department for one or more planning appointments. Then it can take up to a few weeks to plan your treatment before it can begin.

The planning process will include:

- A specialist CT scan to provide images that allow us to personalise your treatment. This is a painless procedure, and everything will be explained before it happens.
- Setting your position for treatment. To ensure your treatment is as accurate and consistent as possible we need to ensure you are in the same position for each treatment session. To help us with this we will probably need to make small tattoo marks on your skin. The mark will be permanent but is no larger than a small freckle.
- If you are having radiotherapy to the head or neck we will need to make a thermoplastic mask to keep your head still. For this you will visit the mould room, where this will be made. Please read your head and neck leaflet for more information.

When your planning process is complete, we will provide you with your first treatment appointment.

## Hospital Transport

If, due to a medical condition, you are unable to use public transport or car, the hospital department may be able to help. Please discuss this with your doctor. Unfortunately, we cannot arrange precise collection times only a time frame.

- Morning Appointments (AM) – You will need to be ready by 8am and will be collected any time between 8am and 12 noon
- Afternoon appointments (PM) – You will need to be ready from 12noon onwards.

Please check in at reception when you arrive and when you finish your treatment.

## Appointment times

The department is usually open between 9am and 5pm Monday to Friday. In rare occasions you may be given times outside these hours depending on machine demand.

Please ask the radiographers to confirm the appointment time for your next treatment on each attendance. All appointments may be subject to change as emergency patients may need to be scheduled. We will try to accommodate your preferred appointment times, but as the department is usually very busy this may not always be possible. Thank you for your understanding and flexibility.

## What will happen when I arrive at Radiotherapy?

Please report to reception upon arrival. If you have not been seen within 30mins of your appointment time, please check with reception staff who will be happy to check for you. If you have more than one appointment in the department on the same day, please report back to reception after each appointment to ensure you are checked in.

## Who will be looking after me?

A team of professionals will be responsible for different aspects of your care. They will work together in a co-ordinated way, reporting to your consultant. Our staff will help you through your treatment and will have your best interests in mind. We understand that coming for radiotherapy can be frightening. Our staff will do their best to make you feel as comfortable as possible.

**Radiographers:** Responsible for the planning, and delivery of your treatment. Radiographers can provide information and advice on any side effects you may experience. They will also schedule your appointments so please speak to them regarding any issues with these.

**Advanced Practitioners:** Some medical teams include Advanced Practitioners. They are Specialist Radiographers who work alongside the Doctors and Radiographers to support you through treatment. You will see either an Advanced Practitioner or your Medical Team at least once during your treatment. This gives you the chance to talk about any concerns or worries you may have

**Nurses:** Provide a wide range of services, including support and information about dressings and medication. Nurses can offer advice on managing any side effects of your treatment and can refer you to appropriate professionals for further care or assistance.

**Doctors:** Will prescribe and supervise your treatment. The Doctors who will look after you are called Clinical Oncologists. This means they are experts in the use of radiotherapy and chemotherapy.

**Dieticians & Speech and Language Therapists:** Available to offer advice on any eating or nutritional problems you may experience, and support with any effects with speech.

**Clerical and secretarial staff:** They will book you in to the department, arrange transport for those who need it, organise outpatient appointments, help with enquires and make sure information is sent to you and your GP about your treatment.

**Physicist, Dosimetrists and Technical staff:** Perform measurements and calculations that are essential for your treatment. They also carry out quality control and maintenance work on the machines. Technical staff create any personalised accessories that may be required.

**Porters:** To assist you to move to other departments in the hospital.