

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>

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 (PALS)

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

www.bartshealth.nhs.uk/pals

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।

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 کلینیکل ٹیم سے بات کریں!۔

Tell us what you think

Tweet us [@NHSBartsHealth](https://twitter.com/NHSBartsHealth)

Talk to us via [facebook.com/bartshealth](https://www.facebook.com/bartshealth)

Leave feedback on NHS Choices www.nhs.uk

Reference: BH/PIN/857

Publication date: Dec 2023

All our patient information leaflets are reviewed every three years.

©Barts Health NHS Trust

Switchboard: 020 3416 5000

www.bartshealth.nhs.uk

Patient information

After your Radiotherapy has finished

Useful Contact Details

- 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**
- Radiotherapy secretary email address bartshealth.clinicaloncologysecretaries@nhs.net



How should I take care of my skin after radiotherapy?

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

Avoid exposing the treatment area to the sun and wind at all times. Your skin around the treatment area will always be more sensitive to the sun, therefore important to keep the area you had treated protected. Cover up well e.g. use a wide brimmed hat or high neck / long sleeve top where applicable and always use sun cream SPF 50 on the treatment area for life when the skin is exposed.

What should I eat and drink?

Ensure you drink sufficient fluids – aim for 2 litres per day. Water, squash/cordial, herbal 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 front of this leaflet. 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. 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

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 treatment and physical effects of this, can inevitably have an emotional impact. For many people, coping with the fear of the cancer coming back is a worrying 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

On your last day of radiotherapy, you will be given a letter for a follow up appointment to see either your consultant oncologist or the consultant who referred you for radiotherapy. This will have the details of the appointment – if you cannot attend the date given, please inform radiotherapy reception or your consultants secretary (please see email address at the front of this leaflet) who can rebook it for you.

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