



CyberKnife® treatment for pancreatic cancer

Information for patients at Mount Vernon Cancer Centre

This leaflet **must be read with** the main CyberKnife® booklet PI72

What will happen during planning?

Fiducial markers

Before your planning can begin, your oncologist will arrange for you to have tiny permanent metal markers called fiducial markers placed into or near the treatment area. These markers are tiny gold pellets or rods about 5mm long. The position of the treatment area can vary with breathing and movement, and these markers allow the treatment to be given to the right place. The markers are placed using a needle, with either an x-ray or CT for guidance.

There is a small chance of some side-effects after the procedure. These include infection and bleeding. The oncologist will discuss these and any other possible side-effects with you in more detail.

Please inform your consultant if you are taking any **steroids or anti-coagulants** (blood thinners e.g. Warfarin or Clopidogrel, or blood thinning injections e.g. Fragmin). Please stop taking any non-steroidal anti-inflammatory drugs such as aspirin or Ibuprofen 48 hours prior to the fiducial marker insertion.

Planning

Before you begin your CyberKnife treatment you will visit the radiotherapy department to have your treatment planned. You may be in the department for a few hours. This appointment is normally about one to two weeks after the markers have been inserted.

During the planning appointment, you will have a special support cushion made to fit you. This will help you stay in the correct position during treatment and make you more comfortable.

You will then have a CT scan (and possibly a PET/CT scan) which will be used for planning your treatment. This may involve an injection of a special dye.

You will be asked to lie in the same position as for your treatment. This position should be comfortable so you can keep still for between one to two hours. For this reason it is important for you to say if your treatment position is not totally comfortable.

You will receive a phone call with your appointment dates and times.

What are the possible side-effects from having CyberKnife treatment for pancreatic cancer?

- Nausea
There are many anti-sickness drugs that can be used to try to prevent this from becoming a problem. Please speak to the radiographers who are treating you. Please see the LJMC factsheet on nausea (HHC236).
- Bowel frequency
It is possible that the treatment will increase the number of times that you open your bowels each day.
However, if you are passing loose stools more than four times each day then please speak to the radiographers treating you and they can refer you to your oncologist or the clinic radiographer.
- Fatigue
Please see the LJMC factsheet on Living with tiredness (fatigue) (HHC229).

Please read about the general side-effects from having CyberKnife treatment on page 10 of the CyberKnife® booklet (PI72).

Other help and support

People who have cancer often say that during their illness they experience a range of emotions. Many find it to be a stressful, anxious and confusing time.

If you would like further information about any aspect of cancer and its treatments, including the supportive services offered at the LJMC, please drop in to the centre or call the Helpline.

The staff at the LJMC work as part of the overall team caring for you and include healthcare professionals and trained volunteers. The centre provides a relaxed setting in which to talk and ask questions.

The LJMC is situated between the main Cancer Centre building and Gate 3 (White Hill).

 **Lynda Jackson Macmillan Centre**
... supporting people affected by cancer...

Services offered at the LJMC include:

- ① Drop-in centre
- ① Telephone helpline
- ① Benefits advice*
- ① Complementary therapies*
- ① Relaxation classes
- ① Counselling*
- ① Look Good...Feel Better™ beauty workshops
- ① The Way Ahead headwear workshops
- ① Self-help courses

* These services are only available to NHS patients under the care of an oncologist based at Mount Vernon Cancer Centre

Mon-Fri: **9.30am–4.30pm**

Telephone Helpline: **020 3826 2555**

Website: **www.ljmc.org**