



# Now that you have finished your radical radiotherapy

This leaflet provides some useful information now that you are finishing your radiotherapy.

Any side-effects due to the treatment will have been explained to you. These will continue after treatment and are usually gone by about six weeks after completing your treatment. We are all different, and therefore we all respond and recover at different rates.

Continue with your skin care advice for two weeks after your treatment. If you have any concerns about your skin or any other side effects, please contact the clinic radiographers (see contact details overleaf).

Tiredness is often experienced by cancer patients during and after treatment.

If you need more information about how to cope with the symptoms of tiredness please ask at the Lynda Jackson Macmillan Centre (LJMC).

## Follow-up appointments

Once your treatment is completed your follow-up care will depend on the kind of cancer treatment you had. Your oncologist may have already discussed your future follow up appointments with you.

Your oncologist would like you to have a follow up appointment about four to six weeks after the end of your radiotherapy, unless they have stated otherwise. Your appointment may be;

- at a district general hospital (DGH) or at Mount Vernon Cancer Centre (where you first saw your oncologist) or
- as a telephone appointment by the clinic radiographers or
- you may be referred back to the care of your surgeon or your GP or

- you may be discharged from routine check up appointments. If this is the case, if you have any concerns you can contact your GP for a new appointment

Details of your follow-up arrangements will be given before, or at the end of your radiotherapy.

Your follow up appointment with

Dr \_\_\_\_\_

at \_\_\_\_\_ Hospital

Please call \_\_\_\_\_  
to make your appointment.

These appointments provide a chance for you to discuss any worries or concerns you may have. Your future follow up appointments will also be discussed. These future appointments may involve a physical examination with the doctor and/or a blood tests, and for some people there may be a follow up scan.

If you have been told your appointment letter will be sent by post and you have not received it within four weeks, please contact your oncologist's secretary or clinical nurse specialist (see contact details overleaf).

When you have finished your radiotherapy your oncologist will write to all the doctors involved with your cancer treatment (including your GP) to explain about your treatment.

A copy of this letter will be sent to you if you have agreed to this.

## Coming for your follow-up appointment

It is quite usual to feel worried as your appointment day gets nearer. It is a good idea to make a list of any queries or concerns you may have and bring this with you.

If a regular appointment is not due and you are unsure about any signs or symptoms you have, it is important that you do not ignore them.

You can:

- contact your GP, specialist nurse or clinic radiographer (see contact details below)  
or
- arrange for your hospital clinic appointment to be brought forward by calling the appointments office at the DGH

## Lynda Jackson Macmillan Centre (LJMC)

This centre offers information and support to patients and their families and is located next to the Chemotherapy Suite by Gate 3. The staff at the LJMC work as part of the overall team caring for you. LJMC services include a range of complementary therapies, counselling, relaxation sessions and financial advice.

You can drop in without an appointment or call the LJMC helpline on 020 3826 2555. The centre also holds useful information now that you are finishing your radiotherapy e.g:

- living with tiredness (fatigue)
- local support groups
- Macmillan information on travel/holiday insurance
- information on the Look Good... Feel Better™ programme (skin care and make-up sessions for female patients)
- HOPE Course (Help Overcoming Problems Effectively). This course helps people who have had cancer to move on with life after their treatment has finished

Please call in to the LJMC for more information about any of the above and to see what other information you may find useful.

# Contacts

Your Mount Vernon hospital number: .....

The name of your oncologist: .....

The oncologist's secretary tel no: .....

Your nurse specialist tel no: .....

**Clinic radiographers ..... 020 3826 2612 or 07825 024058**

Radiotherapy clinic nurses: ..... 020 3826 2186

Lynda Jackson Macmillan Centre ..... 020 3826 2555  
Mon-Fri: 9.30am-4.30pm

**24 hour Acute Oncology Service  
Mount Vernon Cancer Centre: 07825 028855**