

5 Monitoring side effects

Assessing symptoms after treatment

After your treatment is over, it is important to pay attention to any worsening symptoms involving your bowel, bladder or vagina.

These symptoms can be related to side effects. Catching them early and addressing them could lead to better outcomes than if caught late.

Your doctor will discuss with you short term and long term side effects. Please feel free to raise any questions and concerns.



I'm going to the bathroom more and it's uncomfortable.

After the procedure Jane had frequent urination and uncomfortable bowel movements. She promptly called the clinic to inform the doctors and seek care.



Those symptoms should clear up in a couple weeks. You can call us if they don't.

Jane comes in for her first follow-up about 4 weeks after the procedure. She is assessed for short-term side effects the doctor had discussed previously.



Everything looks normal. We will see you next in a year!

OK!

At her 6 month check-up she asks the doctor about long term side-effects that they will be monitoring.

You questions

Please note your questions here. Bring them to the doctor whenever you see them next.

My Information

Your treatment is unique. Record important information and progress here.

Your treatment tracker

Your **1st** treatment:
Date: / / Time: am pm

Your **2nd** treatment:
Date: / / Time: am pm

Your **3rd** treatment:
Date: / / Time: am pm

Your **4th** treatment:
Date: / / Time: am pm

Your **5th** treatment:
Date: / / Time: am pm

Preparing for your simulation scan

My simulation scan / / at am pm

The time between my CT simulation scan and the start of radiation will be about days weeks

Before my CT simulation scan, I might need...

bloodwork urine test enema

to stop these medications:

During the CT scan, I might need...

a rectal catheter to drink oral contrast

a urinary catheter

Anything else I need to do/know?

My treatment information

Before each visit, I need to...

Drink water

Start these medications:

Other

My after treatment information

My first follow-up appointment

Missing appointments

Sticking to your treatment plan is important. If you need to miss an appointment, contact us to reschedule.



Ocala Cancer Center
4945 SW. 49th Place
Ocala, FL 34474

Call: (352) 237-9430
Fax: (833) 296-7760



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DISCUSSION GUIDE : CYLINDER

Your brachytherapy treatment pathway

Every patient's experience is different. Today, we will discuss what you can expect.



Understanding brachytherapy

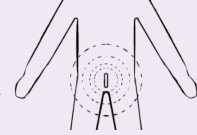
What is HDR brachytherapy?

Brachytherapy is a type of radiation therapy that delivers radiation by placing a source close to the tumor cells. HDR stands for High Dose Rate and is a type of Brachytherapy that allows shorter treatment times.

How is brachytherapy different from external radiation?

Doctors are able to minimize exposure to other organs by placing the radiation source close to the tumor through an applicator.

Internal Radiation



External Radiation



Your care team is here to support your journey



1 Initial consultation

Providing an overview & conducting an exam

So, you are having internal radiation treatment. This phase of the treatment after your surgery is to make sure even microscopic tumor cells are treated. You might feel overwhelmed.

Meet Jane. Like you, she is about to experience cylinder brachytherapy treatment. Her journey will show you what you can expect.



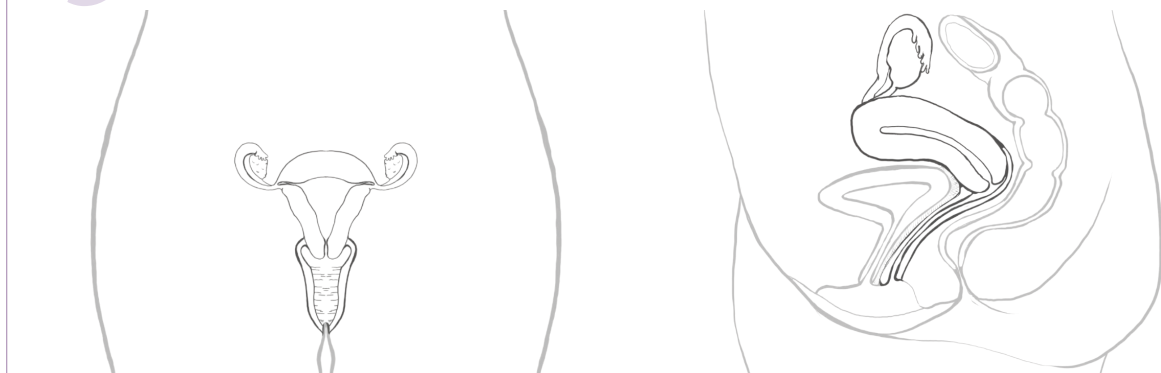
Just like you, Jane is here for her first appointment. Jane underwent surgery for endometrial cancer. She meets with the nurse and doctor. They will share with her the important things she needs to know about her treatment.

Topics to address today

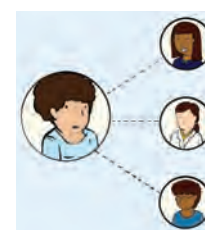
- Why brachytherapy is right for you
- What to expect through the course of treatment
- What side-effects to be aware of

Questions

cylinder



Tips to help you throughout your treatment



Seek out resources

- Social Worker
- Patient coordinator
- Cancer Society Representative

These resources are for the benefit of you and your caregivers.



Co-ordinate and plan logistics

- Insurance
- Transportation
- Billing

The clinic staff will keep you informed. Use the above resources to help you plan better.

2 Planning for treatment

Determining cylinder size and creating custom radiation plan

After today, the next main step might be to come in for your scan to help the doctor create your custom plan. The goal is to design and place the best fitting cylinder applicator for your anatomy and get a scan to plan your treatment.

During simulation, your care team may:

- Position you appropriately and select the best fitting cylinder
- Give you oral contrast to drink
- Place a urinary and rectal catheter to administer contrast



We just want to make sure we are picking the best fitting cylinder for your body.



Jane goes home after the scan.

Meanwhile...

... Physicists and doctors use the scan to work together to create a custom plan for Jane's anatomy after surgery.



In Jane's situation, she is given contrast (oral, rectal, bladder) to help doctors and others see her anatomy better.

A lubricant is used before the doctor places the best fitting cylindrical applicator and takes a scan. The session does not take long and Jane is able to chat with those in the room and ask questions.

3 Undergoing treatment

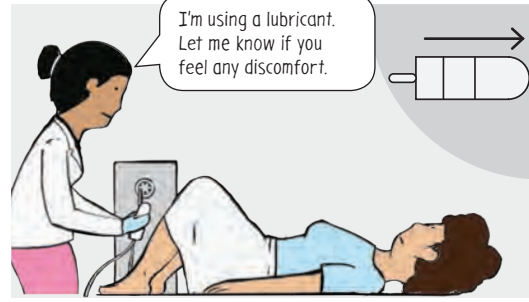
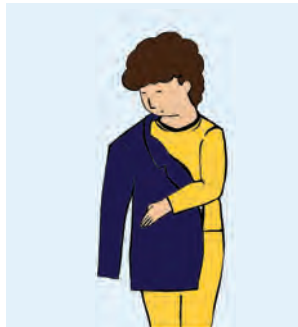
Visiting your clinic for radiation

On treatment day a regular session should take about 90 minutes from the time of arrival.

Your treatment may require 3-5 visits. Your team will inform you of your particular schedule.

During treatment, things your care team may do for extra quality checks

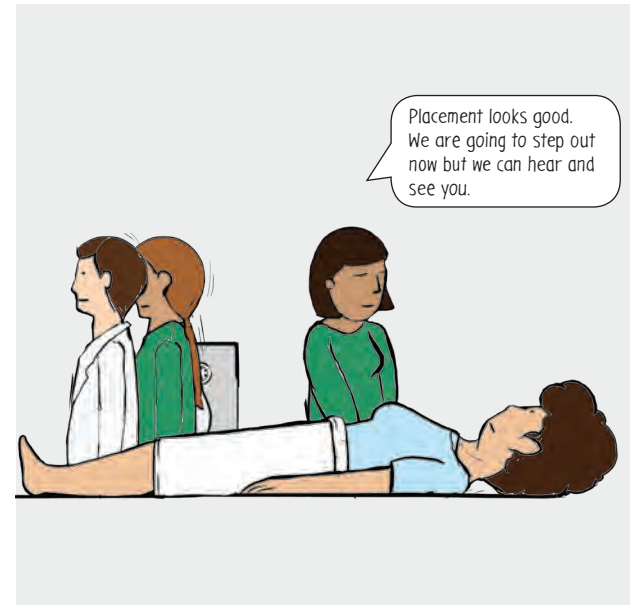
- Place the cylinder applicator and take an x-ray
- Run checks on the HDR afterloader machine



I'm using a lubricant. Let me know if you feel any discomfort.



We're placing a sheet to give you some privacy. We're now running standard quality checks.

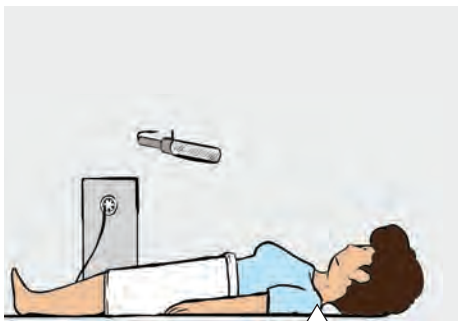


Placement looks good. We are going to step out now but we can hear and see you.

Jane checks into the radiation department and walks into the procedure room after changing into a hospital gown.

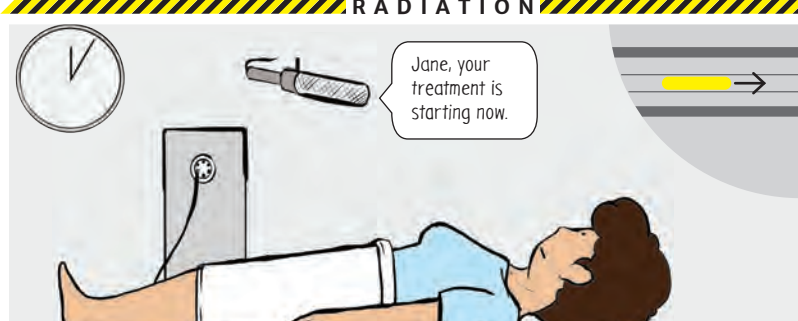
Jane lays on the table and the apparatus is placed and connected to the HDR afterloader (robot or machine). She feels some temporary discomfort but no pain.

Once all the checks are complete, the therapist informs Jane that they will be leaving the room. The therapists have audio and visual communication with her.



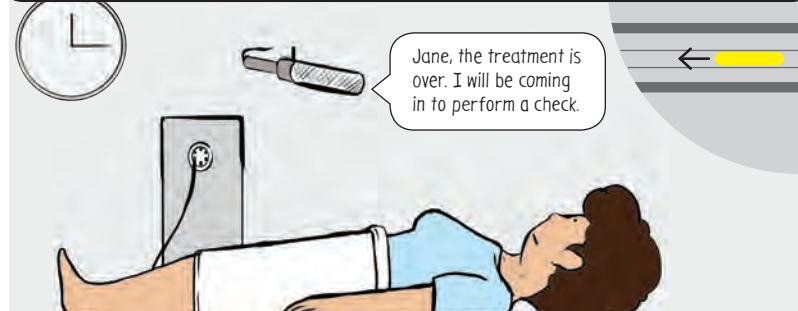
Jane, this will only take 5-10 mins. We can play some music for you.

Ok. I can hear you.



Jane, your treatment is starting now.

Beep...Beep...Beep...Beep...Beep...Beep...Beep...Beep...Beep...



Jane, the treatment is over. I will be coming in to perform a check.



The treatment for today is over and the radioactive source goes back into the afterloader. The physicist comes in to move away the machine and the doctor removes the cylinder.

Jane listens to music while the radioactive source travels through the tube to the cylinder. After 10 or so minutes it goes back inside the machine. There is no radioactive source present inside her at the end of the procedure.

Jane is able to walk back to the dressing room and go home.

Her care team is available to answer questions.

4 Managing treatment

Continuing visits to clinic and getting used to the routine

Your treatment may require 3-5 visits. The doctor and nurses will inform you of your particular schedule.

Your caregivers are part of your journey and there to support you.

It is normal to feel fatigue during the treatment. Let your care team know if there are any symptoms that are bothering you.



See you next week, Jane. Linda, tell us if your mom needs anything once you're home.

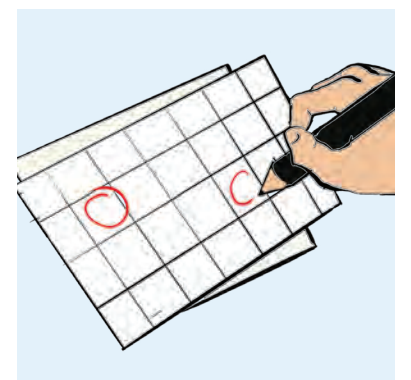
Jane is provided details about her next session. Her daughter is her caregiver and she is also a part of this entire process



Jane is able to go home the same day and continue with her activities.



Overtime she gets used to the routine but sometimes feels fatigue, which is normal in this process.



Crossing off the visits on her calendar helps her keep track of the sessions.