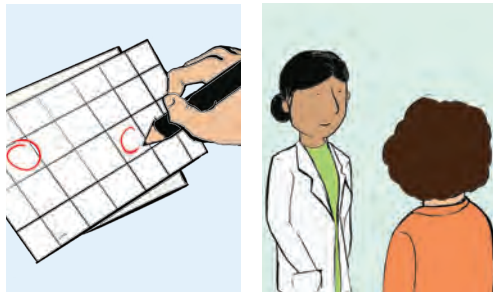


## Follow up information

Your treatment may require 3–5 visits. The doctor and nurses will inform you of your customized schedule. If there are changes to your schedule, a member of your care team will give you a copy of the updated information.

For the most effective results, it is important that you don't miss any appointments. If you have any problems arranging transport, or are unable to come for any reason, please inform your doctor.



Jane keeps track of her appointments so that she does not miss any upcoming appointments.

## Patient notes and questions

If you have any non-urgent questions for the doctor, please write them below and bring it along for your next appointment.

## My Information

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

### Your treatment dates and times:

Use the space below to mark upcoming appointment days and times.

#### Week 1

Mon	Tues	Weds	Thurs	Fri

#### Week 2

Mon	Tues	Weds	Thurs	Fri

#### Week 3

Mon	Tues	Weds	Thurs	Fri

This work was supported in part by the University of Chicago Bucksbaum Institute for Clinical Excellence. For more information: Dr. Dan Golden [dgolden@radonc.uchicago.edu](mailto:dgolden@radonc.uchicago.edu)

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### Preparing for your first treatment:

- Anesthesia
- MRI
- Anything else I need to do/know?  
\_\_\_\_\_
- \_\_\_\_\_

### Preparing before each treatment day:

- \_\_\_\_\_ Enema(s)
- Stop eating at: \_\_\_\_\_
- Stop drinking liquids including water at: \_\_\_\_\_
- Anything else I need to do/know?  
\_\_\_\_\_
- \_\_\_\_\_

### Overall treatment recommendations:

- Do not do the following:
- Douching
  - Intercourse
  - Submerged tub baths
  - Other: \_\_\_\_\_

### After treatment information:

- My first follow-up appointment: \_\_\_\_\_
- Other follow-up appointment(s): \_\_\_\_\_



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## DISCUSSION GUIDE: TANDEM & OVOID / TANDEM & RING Your brachytherapy treatment pathway

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

- Consult** — **Preparation** — **Insertion** ...
- Simulation/planning** — **Treatment delivery** ...
- Recovery** — **After treatment**

### 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 you:



DOCTOR



NURSE



PHYSICIST



RADIATION  
THERAPIST



SOCIAL  
WORKER

## 1 Initial consultation

Providing an overview and conducting an exam

Today, your doctor will tell you about your treatment. There is a lot of information to understand moving forward. The process may seem scary at first and your care team will be there with you throughout your treatment. They can answer any questions you might have and support you.

Meet Jane. Like you, she is about to start her brachytherapy treatment process. Her journey will give you a sense of what you might experience.



Jane is here for her first consult with her doctor and nurse. They will share all of 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

### Tips to help you throughout your treatment



#### Seek out resources

- Social Worker
- Patient coordinator
- Cancer Society Representative

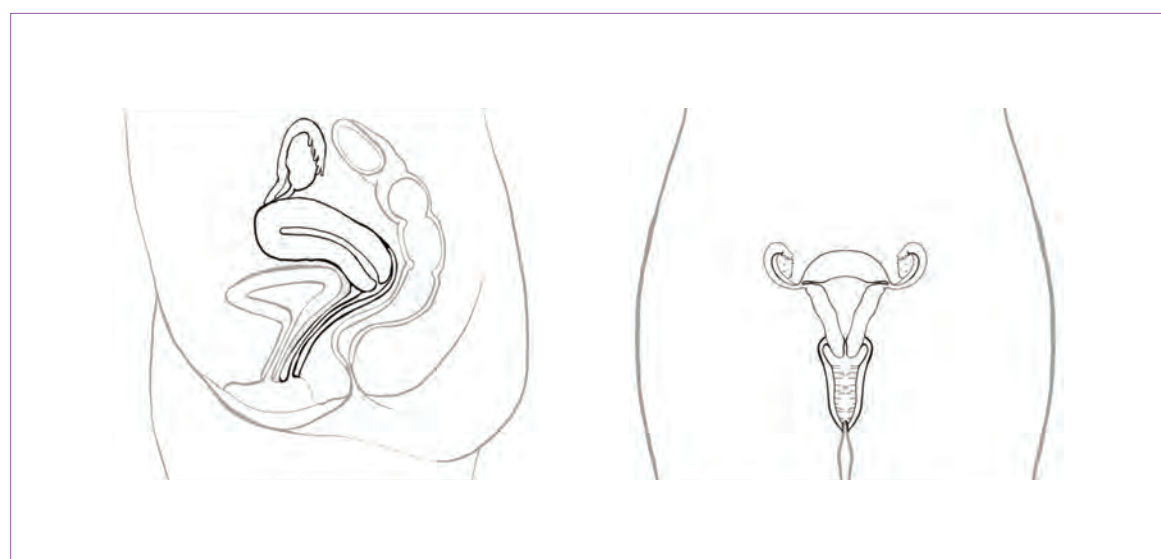
These resources are for the benefit of you and your caregivers.



#### Co-ordinate and plan logistics

- Insurance
- Transport
- Billing

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



## 2 Preparing for treatment days

Preparing you for treatment days and arrival information

### Before the treatment



A few weeks before her treatment, Jane may go to see an anesthesiologist to make sure she is healthy for her procedure. Before each day of her treatment, Jane is notified where to go and when to arrive. She is also reminded of the do's and don't's.

### Arrival to clinic

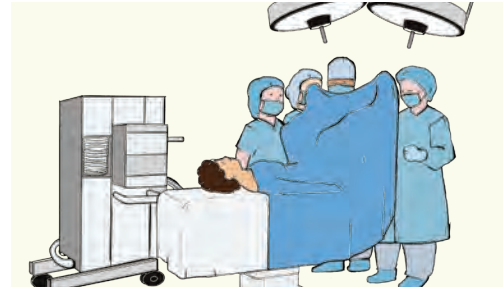


On the day of her procedure, Jane arrives at the hospital and checks in. Then she is prepared by the nursing staff in the pre-operative holding area. She meets various members of her care team prior to treatment.

## 3 Placing the applicator

Preparing your body for treatment

Now you are taken to the procedure room where you will undergo the appropriate amount of anesthesia prior to the insertion of the applicator.



Jane is given anesthesia to allow her to fall asleep and manage any pain. Jane's team places her in position and a urinary (and rectal) catheter is inserted. Then the applicator is placed in position through the vagina. These remain in place during her visit.



After the applicator is placed, Jane is transferred to the CT room.

Depending on your treatment plan, you might have a sleeve placed before the applicator. The sleeve is inserted only once in the beginning. It remains inside until the end of all brachytherapy treatments.

## 4 Simulation and...

Verifying that you are ready for treatment

After applicator placement, you will lie flat in the hospital bed. It is okay to bend your legs up slightly, but you cannot sit up. Ask a nurse for assistance if you need to adjust your position. You will be in this position until the end of your treatment visit. This could be several hours.

You will be taken to get a CT scan, which is a standard quality check for applicator placement and also helps plan your customized treatment. Your care team may have to make adjustments to the applicator to make sure the radiation will be delivered correctly.



In Jane's case, she feels some pressure and pain. Her care team is there to help her manage it.



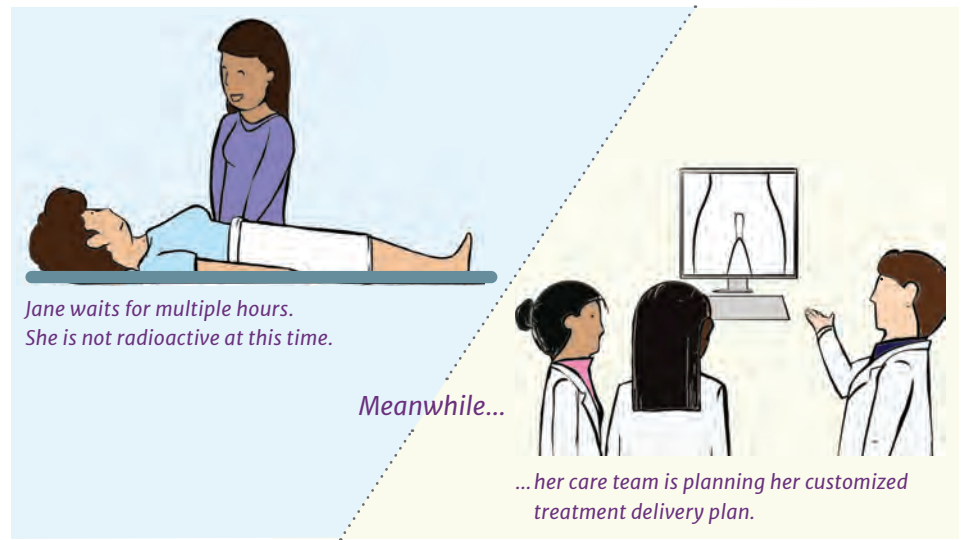
Jane is given oral and rectal contrast to help her care team see her anatomy on her CT scan.

An MRI may be needed in place of or in addition to a CT scan. This will depend on your treatment plan.

## ...planning for treatment

Preparing your customized treatment plan

After the CT scan, you will be waiting in the brachytherapy or waiting room while your care team plans your customized treatment. Your family or friends can be there with you at this time. You are not radioactive.



## 5 Treatment delivery

Things you may see, hear and feel during treatment

Once your customized treatment plan is ready, you will be moved to the treatment delivery room.

The afterloader (with tubes) will be connected to the applicator for the treatment.

Once everything is set up, your care team will step outside. They will be able to hear and see you with microphones and cameras set up in the room. You can talk with them.

During the treatment, you will be lying flat on your back. You will be asked not to move. The treatment will take about 5-20 mins.

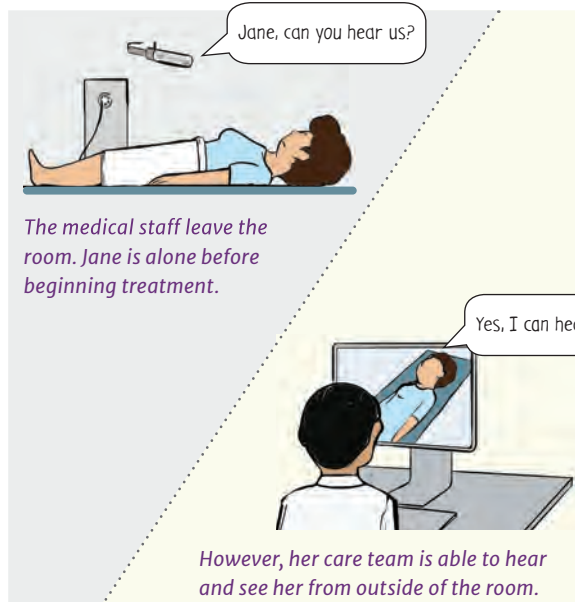
If there is any way to make this time more comfortable, or you have any questions, let your care team know.



Jane is transferred to the treatment room. The afterloader tubes are attached to the applicator.



There are multiple medical staff preparing her for treatment delivery.



The medical staff leave the room. Jane is alone before beginning treatment.

However, her care team is able to hear and see her from outside of the room.

**RADIATION**

This is the only point where Jane is radioactive.

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



During Jane's treatment delivery, the afterloader makes beeping noises. This is normal. If you have any questions, you can talk and your care team will hear you.

## 6 After treatment delivery

Removing the applicator and preparing you to go home

After your treatment delivery, your doctor and nurse will remove the applicator. People can feel different amounts of pain or discomfort at this point. Let your doctor know if you feel any pain or discomfort.



After treatment, a physicist comes into the room to make sure Jane is radiation free and removes the afterloader tubes.



Jane's doctor removes the applicator.

After treatment, your doctor will update you about following treatments and how to care for yourself at home.



Jane talks with her doctor about how to care for herself at home and when to return for follow up appointments. Jane then goes home and continues with her activities.

## 7 Managing treatment

Taking care of yourself at home

You may have some pain once you go back home. The nurse will give you medicine to control that. Treatment side effects vary for different people.

It is normal to feel fatigue during the treatment. Let your care team know if there are any symptoms that are bothering you. They are here to support you, even once you go back home.



Jane is feeling slight discomfort and calls her doctor to check in.