

UCSF Radiation Oncology covers a wide variety of conditions with several treatment options that affect everyone differently. This document is intended to accompany instructions you received from Radiation Oncology.

Quotes

"It is a good idea to have a dry run before the actual first day of treatment. Also, good to have someone drive you home after the first treatment."

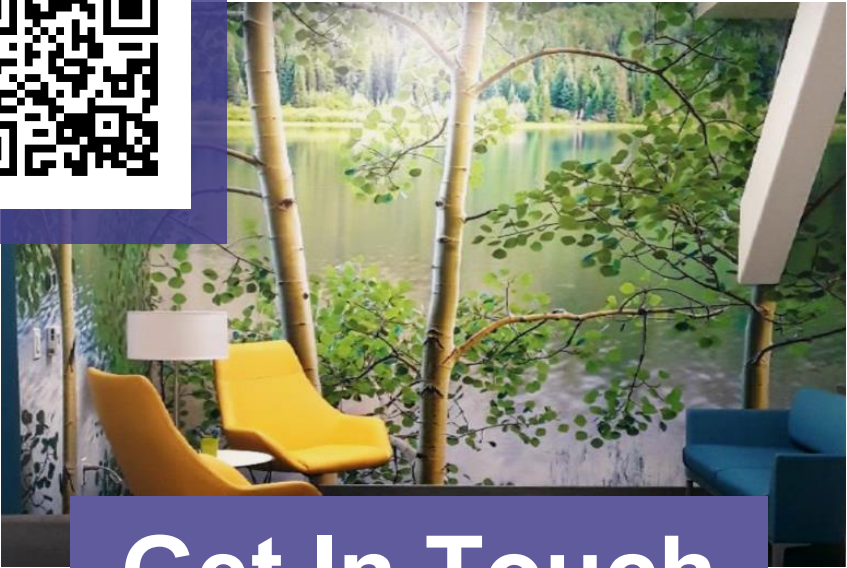
"Once I realized that they could play music in the room during the treatment, I came armed with a playlist that kept me feeling good."

"If they get pelvic radiation to get some Pelvic PT after."

"My most significant experience is that I exercised by walking almost every day. Fresh air gave me more energy and reduced my stress. I am a string advocate for encouraging that."

"For breast cancer radiation, I bought a couple of inexpensive tops and wear them during the treatment cycle. I had a thick lotion I put on my skin that stained everything."

"I have light-up butterfly wings I save for special occasions - When I had my last radiation treatment I wore it to acknowledge my transformation, and to remind me that every day is special!"



Get In Touch

Let us know what has worked for you. The Patient & Family Cancer Support Center is here to help.

Phone

415.885.3693

E-mail

CancerSupportCenter@ucsf.edu

Address

1825 4th St. First Floor

San Francisco, CA 94158

cancer.ucsf.edu/crc

UCSF Health

PREPARING FOR RADIATION

A Guide by Cancer Patients for Cancer Patients

Tips to help navigate the unknown that comes with receiving radiation treatment.

Patient & Family Cancer Support Center

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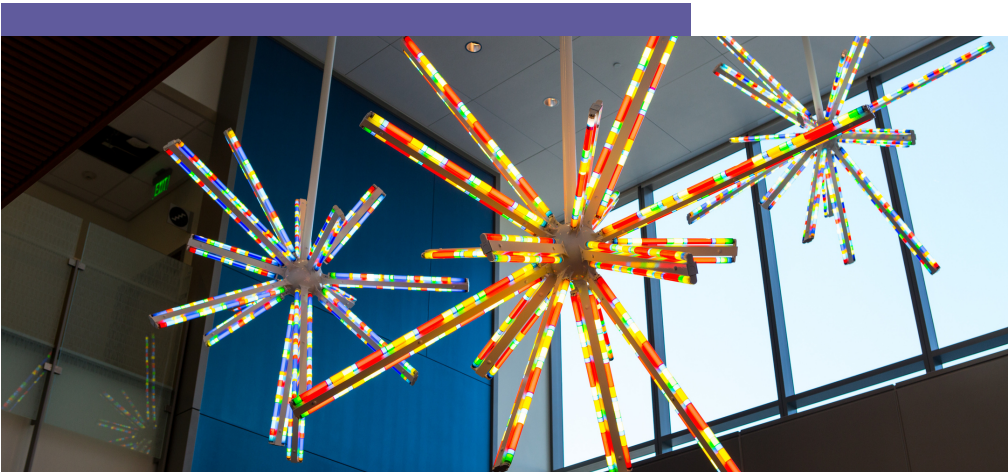
Preparing For Your Visit

The First Visit

- It's helpful to have someone accompany you to your first appointment.
- The first appointment will be twice as long as the regular daily treatment, plan accordingly.
- Expect daily appointments at the same time everyday.
- Make note of the best contact information for your radiation oncologist in case you have questions or need to change your follow-up.

Understanding the Timeline

Once a week, you will have scheduled time with the radiation provider (typically following your treatment, but it could be before if applicable) to discuss how your treatment is going and have a chance to ask questions.



What can help during treatment?

Side-effects experienced vary from patient to patient, and vary depending on treatment received.



Ointments & Lotions

Most patients experience dried skin. Ask your oncology team to help identify creams that work for you and your treatment.



Comfortable Clothing

Consider inexpensive tops to wear during treatment, as creams can stain the clothing. Warm blankets are also provided.



Music During Radiation Session

Provide your preferred music to the technician to be played on Pandora and set up for every visit.



Medical Support

If you need additional medical support prior to radiation, please reach out to your oncology team.

Please consult your oncology team if you have any other questions regarding your treatment visit.



Meditation

Mentally go to a place that is peaceful for you.
Deep calming breaths can help focus on relaxation.

The Patient & Family Cancer Support Center offers audio meditation for free on our website.

Connections & Support

UCSF offers various forms of available support including our oncology social work team, psycho-oncology, support groups, nutrition counseling, peer support and more.

cancer.ucsf.edu/crc