

Oncology – Radiotherapy

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information to help you stay healthy while waiting to attend hospital and should be read in conjunction with the Procedure level guidance appropriate for your condition.

Take Your Medication

Make sure that your healthcare team knows about all the medication that you take and follow their advice. This includes all blood-thinning medication as well as herbal and complementary remedies, dietary supplements, and medications that you can buy over the counter.

Improve Your Health

Keep hydrated, maintaining a healthy fluid intake of 2 litres of non-alcoholic, non-carbonated and non-caffeinated fluid a day will help prepare your body for treatment.

Eat healthily but do not make drastic changes to your diet, the radiographers, and for some patients specialist dieticians, will advise you on any specific requirements if necessary.

If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health. Please speak to your GP for advice on smoking cessation.

The NHS website link gives advice and support on this [NHS stop smoking services help you quit - NHS \(www.nhs.uk\)](https://www.nhs.uk/stop-smoking)

Good Mental Health

The NHS website link provides guidance on the important of good mental health and how you can do to improve your mental health. [Mental health - NHS \(www.nhs.uk\)](https://www.nhs.uk/mental-health)

This may include talking therapies such as cognitive behavioural therapies (CBT) counselling, other therapies, and guided self-help.

Access Useful Information

There is a lot of helpful and practical information on the Northampton General Hospital website.

[Radiotherapy \(northamptongeneral.nhs.uk\)](https://www.northamptongeneral.nhs.uk/radiotherapy) . This includes a series of videos that will guide you through each stage of the planning and treatment process.

The Macmillan Cancer support website <https://www.macmillan.org.uk/> also provides trusted guidance, advice, and information.

There is usually a delay between your planning appointment and your treatment start, this is because we need to produce an individualised plan for your treatment which involves complex calculations.

My Planned Care Patient Information Platform

If you have any questions about your radiotherapy planning or treatment appointment bookings our Radiotherapy Assistant Team will be able to help and are available by calling 01604 523490