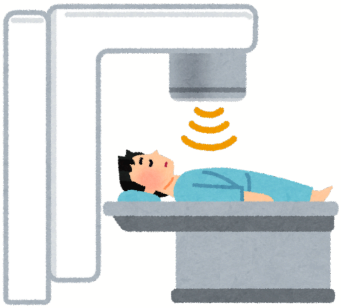
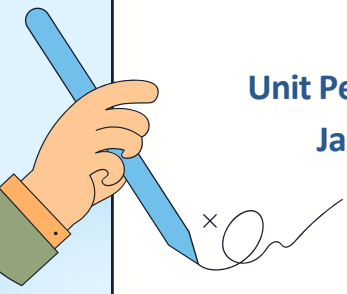
Universiti Kebangsaan Malaysia
The National University of Malaysia

HCTM
HOSPITAL CANSELOR TUANKU MUHRIZ

Tips on managing the side effects of radiotherapy



Unit Perancangan dan Rawatan Radioterapi,
Jabatan Radioterapi dan Onkologi,
HCTM



NUTRITIONAL / HYDRATION

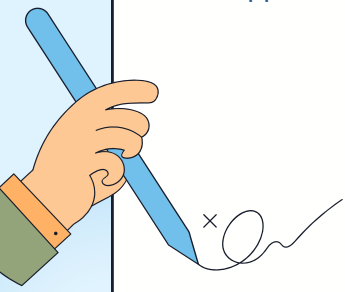
- ☐ Advice well balanced diet especially with high Protein / Calorie / Iron.
- ☐ Eat smaller portion of food but at more frequent interval if losing appetite.
- ☐ Drink a lot of water (2-3 litre/day).

SKIN TOXICITY

- ☐ Advise patient to keep treatment area clean and dry.
- ☐ Wear loose and comfortable clothing.
- ☐ Use only cream or medication recommended by oncologist.
- ☐ DO NOT use soap, aftershave lotion, deodorant, perfumes, talc or lotion on treated area, only plain water.
- ☐ Advise patient to have sufficient rest and avoid strenuous activity.

BREAST

- ☐ Upper limb exercises



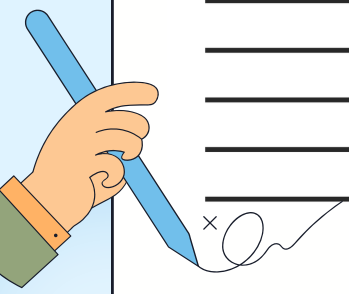
HEAD, NECK AND UPPER CHEST

- ☐ Rinse the mouth regularly with a mouthwash recommended by oncologist.
- ☐ Avoid alcohol, tobacco and chewing betel nuts.
- ☐ Try to have liquids or soft food if chewing and swallowing are painful.

ABDOMEN / PELVIC AREA

- ☐ Reduce or avoid eating vegetables, bran and fruits during the course of treatment if DIARRHEA.
- ☐ Take anti-diarrhoea medication to control severe symptoms as prescribed by oncologist.
- ☐ Increase intake of vegetables, bran and fruits during the course of treatment if CONSTIPATED.

Notes

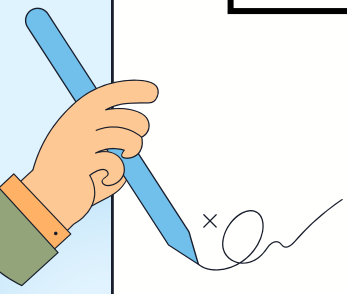


Operating Hours:

Day	Time	Activities
Monday - Friday	8am - 5pm	Radiotherapy Session
Tuesday & Thursday	8am - 5pm	Simulation
Monday	9am - 11am	Weekly Review
Wednesday	2.30pm - 4pm	Weekly Review

Closing Time:

Day	Time
Monday - Thursday	1pm - 2pm
Friday	12.15pm - 2.45pm
Sunday / Public Holidays	Close



Contact Us :

Treatment Room : 03-91457958
CT Simulation 1 : 03-91455819
CT Simulation 2 : 03-91455672
Planning Room : 03-91455575
Review Room : 03-91455831
Counter UPRR : 03-91455668