

Now I have finished Radiation Treatment what happens next?

This information along with the Cancer Society book 'Getting on with life after treatment' are designed to give you a guide about what happens after your radiation treatment has finished.

This information gives you some contact information so you know who to call if you are worried about your side effects.

What should I do if my side effects continue?

After your treatment has finished it carries on working. This means any side effects you have now may carry on or get worse over the next 10 – 14 days. You may also develop new ones.

Please continue to follow the advice you have been given by your treatment team. The information sheet you were given about how to look after yourself during treatment can be useful to look at if you cannot remember what to do about a side effect.

If you are worried about your side effects please phone the numbers listed below. The best one for you to contact is highlighted.

Contact phone numbers:

LA1 (04) 806 2031

LA2 (04) 806 2029

LA3 (04) 806 2028

Brachytherapy (04) 806 2024

Superficial (SXR) (04) 806 2024

RT Nurses (04) 806 2026

If there is no answer, please leave a message and someone will call you back.

What should I do if my symptoms are not related to my treatment?

For problems not related to treatment your GP is the best person for you to contact. If you are not sure if the symptom is related to your treatment please call the team highlighted on the list on this page and they can help you. Your GP will have been sent a letter with all the details about your treatment in it.

When will I see my Radiation Oncologist (Doctor)?

Your next appointment with a doctor will probably be with your Radiation Oncologist. This is usually 4-8 weeks after treatment. Not everyone has a follow up with their Radiation Oncologist. If you are followed up by another department for example, your surgeon they will still be able to talk to your Radiation Oncologist about side effects and care if needed.

If your appointment is not at Wellington Hospital, Paraparaumu or Kenepuru you should receive a letter in the post with your appointment. If you have not received the letter within two weeks of finishing, please call the outpatients department of your local hospital.

Any Questions?

Some people find it useful to think of questions they might like to ask at the follow up appointment. In the booklet that we have given you from the Cancer Society called 'Getting on with life after treatment' there is information about follow up appointments and questions you might like to ask if you need prompts.

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How might I feel after treatment?

There are many different emotions people can feel after radiation treatment. Some people are excited, or relieved. Others can feel scared, anxious, and/or alone. It is normal to feel any of these emotions. In the information sheet we have given you there is a section about emotions. It can be helpful to have some extra support at this time.

What supports are available after Radiation Treatment?

Cancer Society

Massage

Counselling

Social work

Support groups

Look Good Feel Better

Fit for Life

Chaplains

Pacific Health

Whanau Care Service

Please ask your treatment team if you would like a referral.

Contact us

Radiation Treatment Department

Level 2

Wellington Blood & Cancer Centre

Wellington Regional Hospital

Phone: (04) 806 2000

Hours: 8am-4.30pm, Monday to Friday

Urgent After Hours Advice:

5 North Ward oncology nurses are available for urgent after hours advice related to your treatment. This is after 4.30 and on weekends.

Phone: (04) 806 0418