

Contact us

Radiotherapy

Basement, King George V Wing (KGV), St Bartholomew's Hospital
West Smithfield, London EC1A 7BE

020 3465 5222 **direct line to reception** 9am-5pm Monday to
Friday

07917 093738 **emergency hotline** (when the department is
closed)

<http://www.bartshealth.nhs.uk>

Vicky Clement-Jones Macmillan Cancer Information Centre

Ground Floor, West Wing, St Bartholomew's Hospital (Mon-Fri
10am-12noon and 2-4.30pm)

Tel: 020 3465 5602

Patient Advice and Liaison Service

If you need general information or advice about Trust services,
please visit the Patient Advice and Liaison Service (PALS) website:

www.bartshealth.nhs.uk/pals. Alternatively please contact staff
who are providing your care if you require clinical advice.

Large print and other languages

For this leaflet in large print, please speak to your clinical team.

For help interpreting this leaflet in other languages, please ring
020 8223 8934.

Tell us what you think

Tweet us **@NHSBartsHealth**

Talk to us via **www.facebook.com/bartshealth**

Leave feedback on NHS Choices www.nhs.uk

Reference: BH/PIN/571

Publication date: MARCH 2017

All our patient information leaflets are reviewed every three years.

Patient information

Radiotherapy at St Bartholomew's Hospital: General Information





Introduction

You have been given this leaflet because you have been referred for radiotherapy.

Radiotherapy is a treatment involving the use of high-energy radiation which is delivered using machines called Linear Accelerators (Linac). The Linac machine aims carefully measured doses of radiation at the treatment site. The delivery of radiation is painless, although there may be some side effects which will be explained to you.

This leaflet will tell you all about our appointment system, how to find us and the staff that you will come across as well as general advice.

Important:

Please tell us if you have a pacemaker as we will need to monitor your heart during your treatment.

Please let us know if you are pregnant or think you might be pregnant

- Avoid exposing the area of excessive sun and wind. After finishing your treatment, your skin will be extra sensitive and we ask to you use high factor 30 sun protection on any areas that were treated and sun exposed.

Side effects of radiotherapy

We plan your radiotherapy treatment so that the dose given to the tumor is maximized without causing damage to surrounding normal tissues. However, it is not possible to avoid the normal tissues completely.

Most side-effects you have will be limited to the area you have the radiotherapy – these will be fully explained to you on your first day as they are site specific.

If you are a smoker, we strongly advise that you give up prior to commencing your treatment as smoking makes your treatment less effective. In addition smoking can make any reactions that you may have more marked and increase the likelihood of late-effects arising.

For help quitting, please call the Barts Health smoking helpline on: 0800 169 1943. Your GP practice may also run free nurse-led smoking cessation clinics.

Please be aware that you may be treated by male and female radiographers and we cannot guarantee to accommodate a 'male staff only' or 'female staff only' request.

Planning your treatment

Before your radiotherapy starts we will ask you to come in for one or more appointments to prepare for treatment. This is called planning and involves getting you set up/positioned in a reproducible position that will be the same for the rest of your treatment. In order to personalise your treatment we will need to take images of your body using a CT scanner. This is a painless procedure and everything will be explained before it happens.

During planning we may need to mark your skin at various points to ensure that you are in the same position and that treatment is accurate and consistent as possible. This mark will be permanent, and be no larger than a small freckle. In addition:

- If you are having radiotherapy to the head, face, neck we will need to make a thermoplastic mask to keep your head still. For this you will visit the mould room, where this will be made.
- If your treatment is complex, the planning process takes a few weeks; we will give you the first treatment appointment after your planning visit.

General advice:

- You may feel more tired during your course of treatment. Listen to your body and allow yourself extra time to rest if you need it.
- Drink plenty of fluids and eat a balanced diet. Reduce caffeine and reduce or cut out any alcohol. A dietician is available if you are having problems eating and drinking.
- When washing, use luke warm water, pat the area dry. You can continue to use your normal deodorant, however if we are treating around the axilla area and you develop sensitivity to it, we will ask you to stop usage.

How to find us

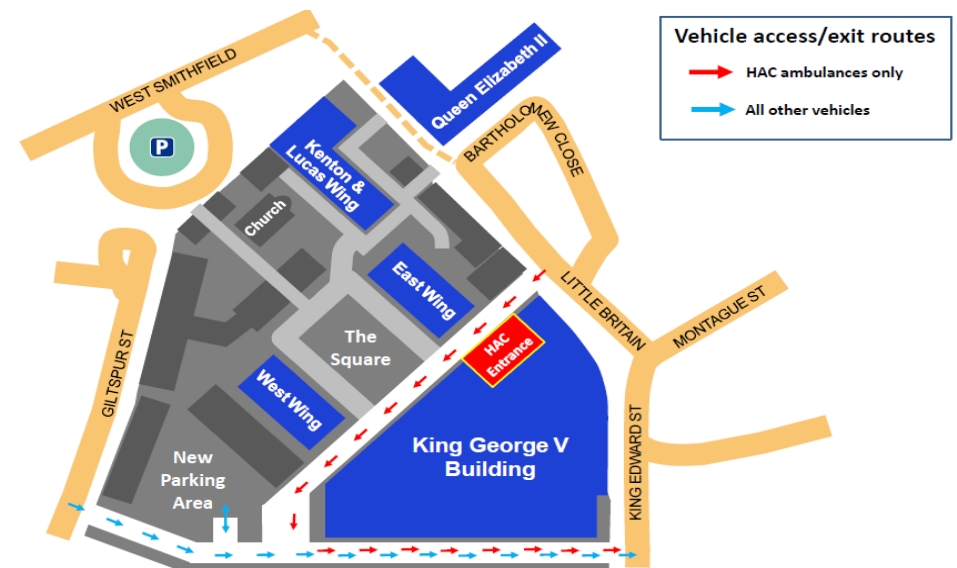
Radiotherapy is based in the King George V building at St Bartholomew's Hospital.

By bus: The following buses stop outside or close to the hospital: numbers 46,100 and 521. Low-floor wheelchair accessible buses run on all routes serving St Bartholomew's.

By tube: The closest tube stations are Barbican, Blackfriars, Farringdon and St Paul's all are between 5-10 minutes walk.

By train: The nearest National Rail stations are Blackfriars, Cannon Street, City Thameslink and Farringdon. All are located within walking distance of the hospital. Liverpool Street station is a short tube, bus or taxi ride away.

By car: Car access is available via Giltspur street, There are 5 parking bays for Disabled users with valid blue badges. There is no public parking, however there are five patient drop off areas with a maximum 10mins stay limit. The nearest long term parking is available on West Smithfields.



Hospital Transport

If, due to a medical condition, you are unable to use public transport or car, the hospital department may be able to help. Please discuss this with your doctor. Unfortunately we cannot arrange precise collection times only a pick up time frame.

Morning Appointments (AM) - You will need to be ready by 8am and maybe collected between 8am and 12 noon

Afternoon appointments (PM) - You will need to be ready from 12noon onwards.

Please check in at reception when you arrive and finish your treatment.

Appointment times

The department is usually open between 9am and 5pm Monday to Friday. You may be given times outside these hours depending on treatment machine demand.

Please ask the radiographers to confirm the appointment time for your next treatment on each attendance. They are subject to change due to any emergency patients that may need to be scheduled. We try our best to accommodate your preferred appointment time, but as each treatment machine can treat 30 patient a day it may not always be possible. Thank you for your understanding and flexibility.

What will happen when I arrive at Radiotherapy?

Please report to reception upon arrival and take a seat in the waiting room or wherever the receptionist asks you to wait. If you have not been seen within 30mins of your appointment time, please check with reception who will be happy to contact your treatment team for you. If you have more than one appointment in the department on the same day, please report back to reception after each appointment, to help reduce the time you may have to wait.

Who will be looking after me?

A team of professionals will be responsible for different aspects of

your care. They will work together in a co-ordinated way, reporting to your consultant. Our staff will help you through your treatment and will have your best interests in mind. We have listed some of the people that you may have contact with below.

Clerical and secretarial staff: Responsible for finding your notes and imaging scans. They will book you in to the correct section of the department, arrange transport for those who need it, organise outpatients appointments, help with enquires and make sure information is sent to you and your GP about your treatment.

Dieticians: Available to offer advice on any eating or nutritional problems you may experience during or after treatment.

Doctors: Will prescribe and supervise your treatment. The doctors who will look after you are called clinical oncologists. This means they are experts in the use of radiotherapy and chemotherapy. You will see your doctor at least once during your treatment. This gives you the chance to talk about any concerns or worries you may have. If you have any questions, you may find it useful to write them down before seeing the doctor.

Nurses: Provide a wide range of services, including support and information about dressings and medication. Nurses can offer advice on managing any side effects of your treatment and can refer you to appropriate professionals for further care or assistance.

Physicist, dosimetrists and technical staff: Perform measurements and calculations that are essential for your treatment. In addition, they make accessories such as personalised shielding blocks and positional aides. They also carry out quality control and maintenance work on the machines.

Porters: Can transport you to other departments or wards in the hospital.

Radiographers: Responsible for the planning, and delivery of your treatment. They will also schedule your appointments. Radiographers are able to provide information and advice on the side effect that you may experience during treatment.