



مركز كليمنصو الطبي
CLEMENCEAU MEDICAL CENTER

AFFILIATED WITH **JOHNS HOPKINS** INTERNATIONAL



Guidelines for Patients Receiving Radiation Therapy to the Chest

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Approximately two weeks after your first treatment you may begin to experience side effects, or symptoms caused by radiation therapy. These symptoms may continue throughout the treatment period, and gradually disappear during or after you have completed treatment.

Skin Care:

Please consult your Skin Care Instructions sheet for some helpful instructions.

Difficulty Swallowing:

You may notice a feeling of burning or fullness or have the sensation of a lump in your throat when you swallow. Try the following suggestions to lessen your swallowing difficulty:

- Eat soft, moist foods that are easier to swallow. Keep your mouth moist. Increase your intake of liquids if you have difficulty swallowing solids.
- Consume room temperature fluids and food as they are easier to swallow.
- Try to eat more frequent small meals rather than three large meals per day.
- Use antacids to lessen heartburn.
- Crush your medications and mix them with soft food (jelly, applesauce or ice cream) in order to swallow them.
- Avoid food or beverages which might cause irritation or burning, such as: citrus fruits or juices, alcoholic beverages and hot spicy food.
- Talk with your dietitian to provide answers to any questions about your diet and to discuss any food preferences.

Dry or sore Throat:

This side effect is most likely to occur after two or three weeks of treatment. We suggest the following to help:

- Drink plenty of liquids, at least eight to ten glasses of fluids per day.
- Try sucking on hard candies or mints, or chewing gum to increase moisture in the mouth. Choose sugarless gums and candies.
- Consider using a cool-moist vaporizer while you sleep and in the main living area to increase the moisture in the air.
- You may try chewing Asper gum to decrease localized soreness or inflammation unless there is a medical reason that you may not take Aspirin. May need to choose an alternate medicine

- Mix ¼ teaspoon of salt and ¼ teaspoon of baking soda in 240ml of warm water. Gargle with this solution several times a day. Do not use the over-the-counter mouthwash or lozenges.
- Do not smoke cigarettes, cigars, or a pipe. Do not smoke the Hubble Bubble, Do not chew tobacco

Persistent cough:

Your nurse and doctor will advise you on the use of cough medicine. If you have a lot of mucus, make sure you are drinking enough fluids to keep the mucus thin so that you may cough this up more easily.

Nausea:

If you experience occasional or persistent nausea, notify your doctor or nurse so that you may be given a medication to prevent it.

Fatigue:

You may begin to feel unusually tired during your treatments. This is to be expected. Pace yourself through normal activities and allow rest periods throughout the day.

Infection:

You may experience an episode of infection or pneumonia after your radiation therapy. This may occur even months after your therapy. Notify your doctor or nurse if this occurs.

For any questions or clarifications do not hesitate to contact Radiation Therapy Department at 01/364888 extension: 1880