

Gynecological Side Effects & Symptom Management

You may have the following side effects two weeks after your first treatment. These side effects will gradually disappear after your last treatment.

Frequent or Burning Urination

- Tell your doctor or nurse if you have frequent urination, burning when you pass urine, difficulty passing your urine, fever, or chills.
- Avoid using products that will irritate your bladder such as caffeine, tobacco of any kind, alcoholic beverages, and spices like pepper or curry.
- Drink 6-8 glasses of fluid a day. Gatorade, Pedialyte, or cranberry juice is the best juice to drink.
- You may take over-the-counter AZO as directed for urinary symptoms or ask your doctor if he requires a prescription medication instead.



Indigestion

Please take an acid reducer daily such as Prilosec or Protonix to prevent and control acid reflux and indigestion.



Fatigue

This is a common side effect of radiation therapy. It affects everyone to a different degree. Be sensitive to what your body's needs are. Regular exercise is encouraged during therapy, if you can.

Diarrhea

- Eat low fiber and low residue foods to decrease the activity of your digestive tract. Some low fiber foods are:
 - Pasta, applesauce, fruit juices (without pulp), bananas, rice, cooked vegetables, poultry, and toast.
- Restrict (avoid entirely if diarrhea is severe) from eating whole-grain breads and cereals, seeds, legumes, cabbage, fruit and vegetable peels, milk products, fresh or dried beans, or fried and greasy foods.
- You will tolerate warm foods better than hot or cold foods.
- Use Imodium tabs once diarrhea begins. 1-2 pills with every loose bowel movement; a maximum of 6-8 pills daily.
- After each bowel movement, wash your rectal area with soft, wet, white tissue. Pat dry. Warm sitz baths may help you feel more comfortable.

- If you have hemorrhoids and they get worse, tell your doctor or nurse when this happens.

Nausea

This may become a problem if you are receiving chemotherapy. Please follow instructions and medication prescribed by your gynecologist or medical oncologist. Zofran (Ondansetron) or Compazine (Prochlorperazine) prior to treatment daily can help.

Contact Us

During office hours, call your radiation oncologist. After-hours, call 214-645-8525.