

Radiation Treatment Information for Patients with Testicular Cancer

This information will help prepare you and your caregiver for your treatment.

What to Expect

You will receive external beam radiation therapy, a noninvasive treatment.

Side Effects

Some people will develop side effects that usually occur within 1 – 3 weeks following the start of radiation therapy. The type and how severe they are will depend on many factors, including the dose of radiation and number of treatments prescribed by your provider.

- Fatigue is very common during treatment.
- Diarrhea, bloating, and/or some nausea is not unusual.
- Temporary dry skin, change in skin color, or itching may occur after treatment, but ‘burns’ are uncommon.
- Loss of hair in the treatment area (abdomen and pelvis) is possible, but it may grow back 2 – 4 months after treatment is finished.
- Long-term, your physicians will monitor for the risk of ‘secondary’ or new cancers and recovery in sperm counts. Your physicians will typically discuss fertility preservation options before treatment.

Please discuss problems or concerns about side effects or any part of your treatment with your doctor, nurse, or therapist.

Care

Bathe and shower daily using warm water and a mild unscented soap such as Dove®, Cetaphil®, or baby soap.

- **Do not** use a washcloth, scrubbing cloth, or brush to the radiation site when bathing.
- Pat skin dry with a soft towel.
- If your skin is itchy, **do not** scratch it. Instead, use moisturizers to aid in relief.
- **Do not** use moisturizers within 4 hours **before** your radiation treatment.

Moisturizers may be applied to the treatment area as needed, such as Eucerin® or Aquaphor™.

Avoid tanning or prolonged sun exposure to the radiation site.

Avoid extreme temperature to the area being treated, including:

- Hot tubs
- Water bottles
- Heating pads
- Ice packs

Do not apply products with alcohol on your skin in the area being treated.

Swimming is permitted **only if**:

- You do not have any skin reactions during your treatment
- Pool is chlorinated

Rinse off chlorine right after getting out of pool.

Contact your nurse or doctor if you experience:

- Bowel problems, including diarrhea and cramping, bleeding, and/or discharge
- Pain, unusual odor, spasms, bleeding, or burning during urination
- Frequent urination
- Red, swollen, blistering, or tender areas of skin
- Any new or unusual symptoms

Call immediately if you have any of the following symptoms:

- Temperature of 100.5°F or above
- Chills

Contact Us

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