

# End of Prostate/Bladder Treatment Frequently Asked Questions



## Post-Treatment Appointments

Please follow up with other members of your health care team involved in your cancer care. You will be given a follow-up appointment to see your radiation oncologist in a few weeks or months.

If any physician requests you have a biopsy done on the area that received radiation, please contact your radiation oncologist prior to doing so.

## Side Effects and Symptom Management

- Symptoms related to your treatment may last for weeks or months after your treatment is complete.
- Your symptoms may initially worsen but will gradually improve over the next few weeks.
- If you had treatment to prostate, bladder, and/or pelvis:
  - **Diarrhea, constipation, and urinary issues:** Diarrhea, fecal urgency, constipation, and/or rectal irritation is not uncommon after completion of treatment. You may experience pain and/or burning with stools or urination. Please use over-the-counter and/or prescription medications as needed.
  - **Fatigue:** Take rest periods and get plenty of sleep during your recovery period.
- If you had treatment to the chest, abdomen, and/or kidney:
  - **Abdominal bloating, nausea, and gastrointestinal reflux** if you receive radiation to the abdominal area. Please continue any over-the-counter or prescribed medications.
  - **Changes in breathing** may occur. Please notify the clinic if any changes are concerning you.
  - **Fatigue:** Take rest periods and get plenty of sleep during your recovery period.

*If any of your symptoms worsen, do not improve, or you experience new symptoms, contact the clinic via MyChart message or call your radiation oncology nurse for further direction at **214-645-8525**.*

### Diet

- A well-balanced diet and adequate water intake are essential to your recovery after radiation therapy.
- If you were instructed to change your diet due to symptoms on treatment, you may slowly re-introduce those foods as symptoms improve.
- Please check with your oncology team before you resume your vitamins and supplements that were discontinued prior to treatment.

### Exercise

- Safe levels of exercise can assist you with your recovery after radiation therapy.

### Medications

- Never stop or change your medications without consulting your doctor first.
- Review your current prescription status and whether any refills are necessary.

## Emotional Well-Being

Every person reacts differently to treatment. You may experience anxiety, depression, anger, frustration, fear, or helplessness. If you start to experience severe depression or suicidal thoughts, please seek immediate medical attention.

***Suicide Prevention Lifeline: 1-800-273-8255***

***Crisis Text Line: Text CONNECT to 741741***

**Notes:**

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