Questions to Ask Before You Finish Your Radiation Treatment

For patients getting radiation treatment at Princess Margaret Cancer Centre

Read this pamphlet to learn what questions to ask your health care team before you finish radiation treatment.
You will finish your radiation treatments soon. Finishing radiation treatments is an important step. This pamphlet will help you prepare for your follow-up appointments.

During treatment, you see your health care team every day. This makes it easy to get answers to your questions.

You may also have gone to the Patient & Family Library on the main floor of Princess Margaret to get help, or you may have gone to a patient education class or used one of the many supportive services at Princess Margaret.

After you are done treatment, you will not be at Princess Margaret as much. Write down any questions you may have for your follow-up appointments. That way you will get the information and answers that you need.

Here are examples of questions to ask your health care team.

- Read the questions with your family and friends before you ask your health care team.
- Decide which questions are good for you.
- Add any of your own questions in the extra space provided.

**Questions about your follow-up appointments:**

Your follow-up appointment is important to check your treatment side effects. This appointment is given to you at your last appointment with your radiation oncologist or your last treatment.

Which health care provider will I see at my follow-up appointment?

Who should I contact if I have questions about my follow-up appointment?
Are there any tests such as x-rays, CTs or MRIs I need to have for my follow-up?

Questions about your radiation side effects:

When will my radiation side effects get better?

Do I need to renew my medicine prescriptions for my treatment and side effects?

When can I start taking my antioxidants and supplements again?

What should I watch out for? Who should I contact if I notice something different?
Questions about getting well and moving forward:
Can eating healthy help my recovery?

I want to quit smoking. Who can help me?

How long should I wait before I leave Canada for a vacation?

How long should I wait before I go back to the gym?

How long should I wait before I return to work?

How do I find support groups?

I need help at home. What services can help me?
Questions about contact information:
There are many people you may want to contact after treatment. Write down the contact numbers for your health care team below.

**Princess Margaret Cancer Centre**
Main Phone: 416 946 2000
My Radiation Oncologist ________________________________
My Radiation Therapists – Treatment Unit Phone________________________
Nursing Triage Phone ________________________________
Other numbers such as dietitian, social worker?________________________

Helpful tips about common side effects of radiation treatment

Your radiation therapists, oncology nurse and radiation oncologist (doctor) will help with your side effects. The most common side effect of radiation treatment is feeling tired. Another common side effect is skin changes.

Your skin changes may take a few weeks to get better. Follow the skin care instructions from your health care team. Your skin in the treatment area will always be more sensitive to the sun after treatment. Protect this area of skin from the sun by wearing SPF 30 sunscreen.

After treatment finishes, your side effects may get worse before they get better. This is normal. Follow the instructions from your health care team until your side effects get better.

Questions for the doctor at your last weekly review appointment:
Write down any questions you have for your doctor here. Bring this pamphlet with you to your last review appointment.
Other sources of information

Once your treatment is finished, you can still get information and support at Princess Margaret. Pick up a calendar of events at the Princess Margaret Patient and Family Library on the main floor. Here is contact information for other helpful supports.

**Princess Margaret Patient & Family Library**
Location: Main floor, Princess Margaret Cancer Centre  
Phone: 416 946 2000 ext.5383  
Website: [https://www.uhn.ca/OurHospitals/PrincessMargaret](https://www.uhn.ca/OurHospitals/PrincessMargaret)  
Email: patienteducationpmh@uhn.ca

**ELLICSR: Health, Wellness & Survivorship Centre**
Location: Toronto General Hospital, Basement Level, Room B PMB 130  
Phone: 416 581 8620  |  Website: [www.ellicsr.ca](http://www.ellicsr.ca)

**Canadian Cancer Society**
Phone: 416 488 5400 or toll-free at 1 800 268 8874  |  Website: [www.cancer.ca](http://www.cancer.ca)

**Wellspring**
Phone: 416 961 1928 or toll-free 1 877 499 9904  |  Website: [www.wellspring.ca](http://www.wellspring.ca)

**Gilda’s Club**
Phone: 416 214 9898  |  Website: [www.gildasclubtoronto.org](http://www.gildasclubtoronto.org)

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