

In partnership with

MACMILLAN
CANCER SUPPORT

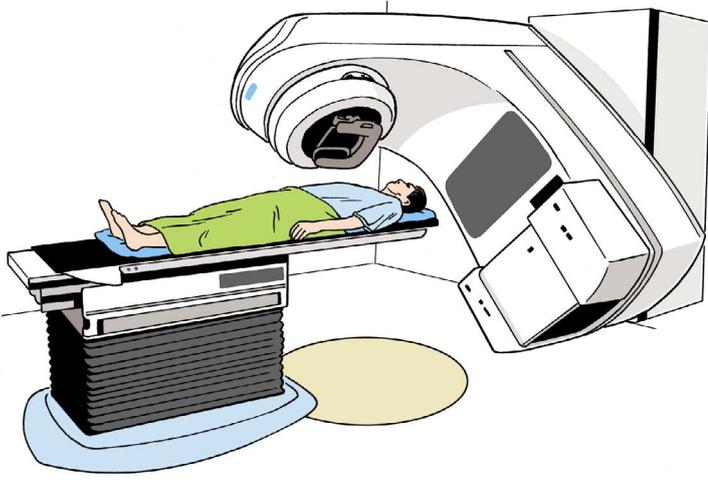
easy
read

Radiotherapy

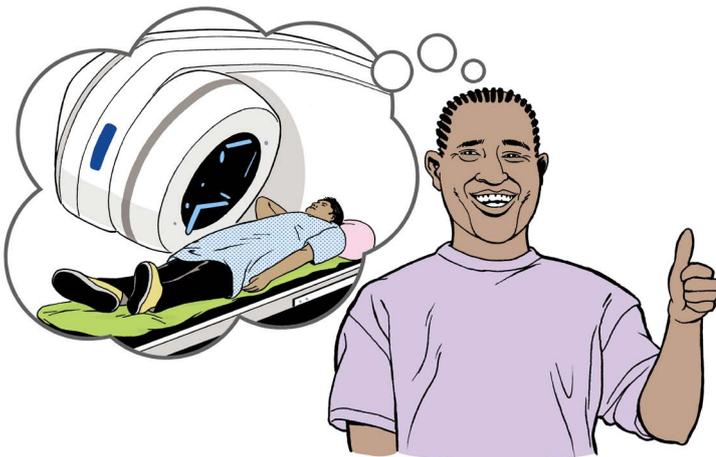




About this easy read booklet



This booklet is about having radiotherapy.



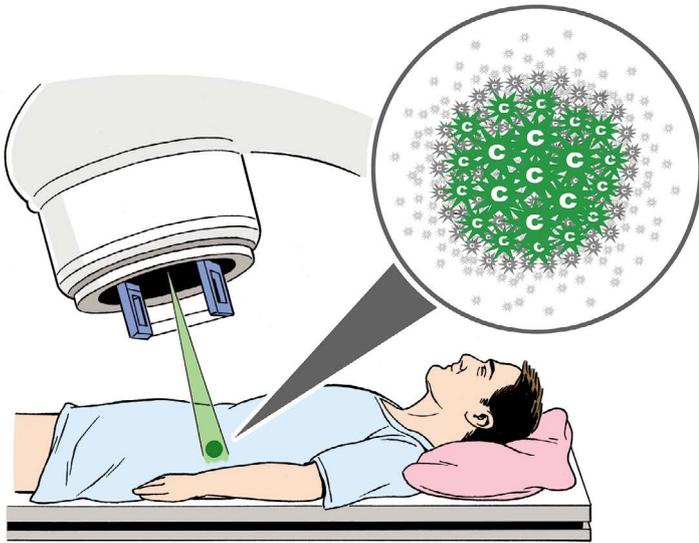
You can learn about what will happen when you go to hospital for radiotherapy.



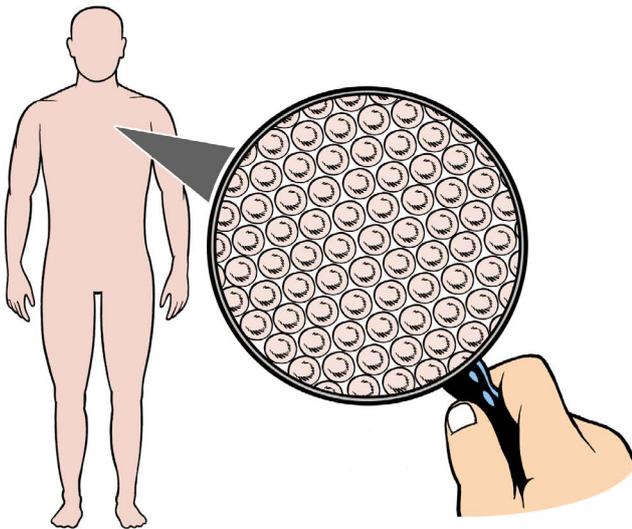
If you are worried about your health, you should talk to a doctor or nurse.



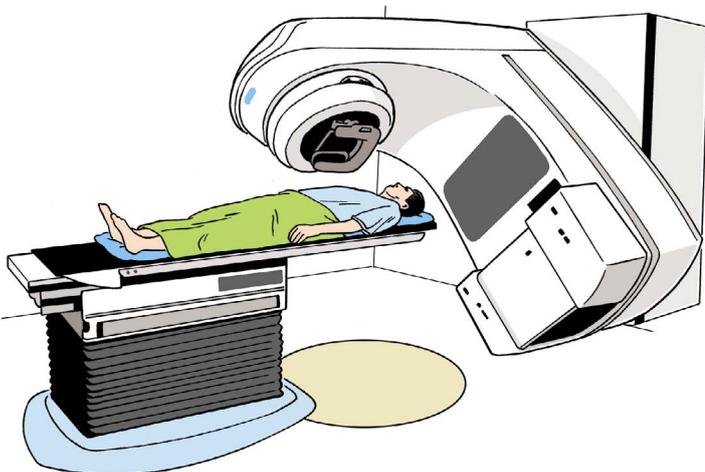
Radiotherapy



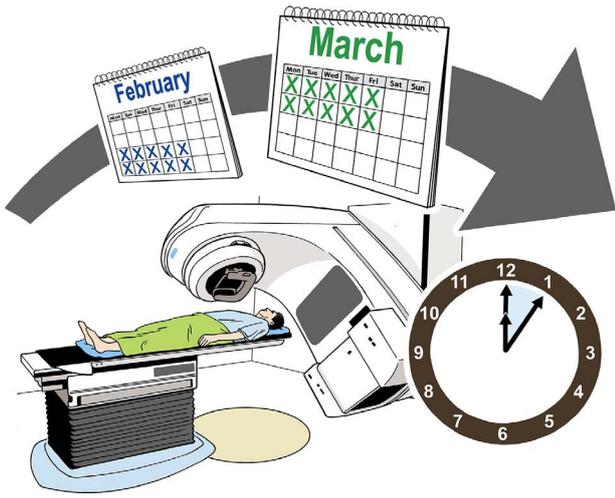
Radiotherapy uses strong x-rays to kill cancer **cells**. It can be used on many types of cancer. **X-rays** are powerful rays or beams that can be used to treat cancer.



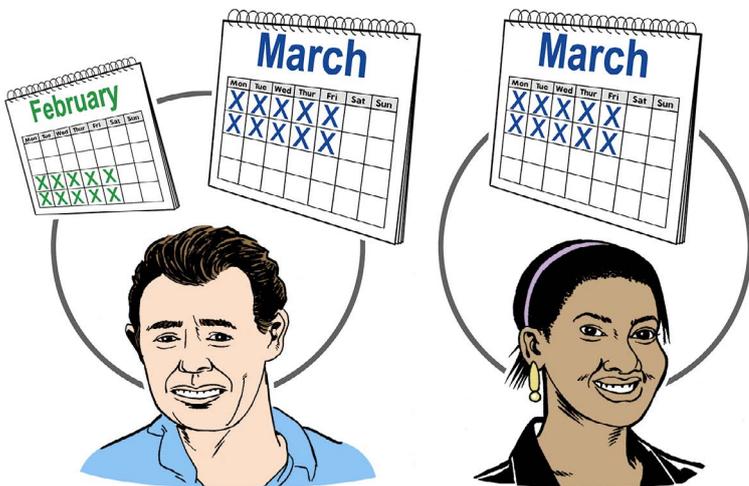
Cells are the tiny building blocks that make up people's bodies.



Radiotherapy is given by a machine. This sends x-rays to the part of your body where the cancer has been found.



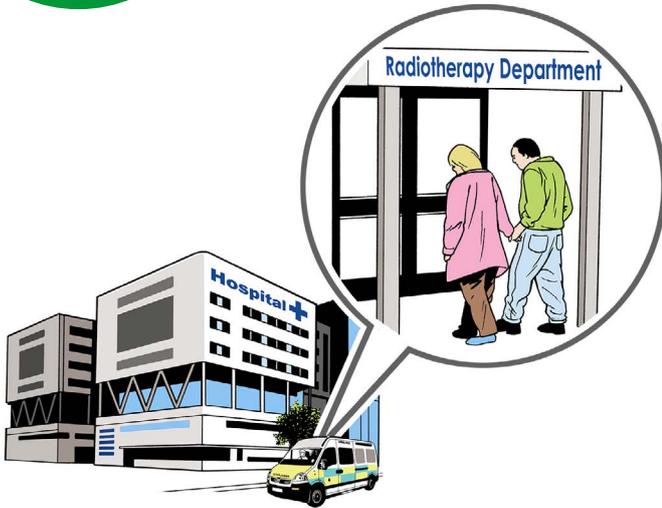
Most people will have radiotherapy as a day patient. This means you can go home after your treatment. You do not stay in the hospital overnight.



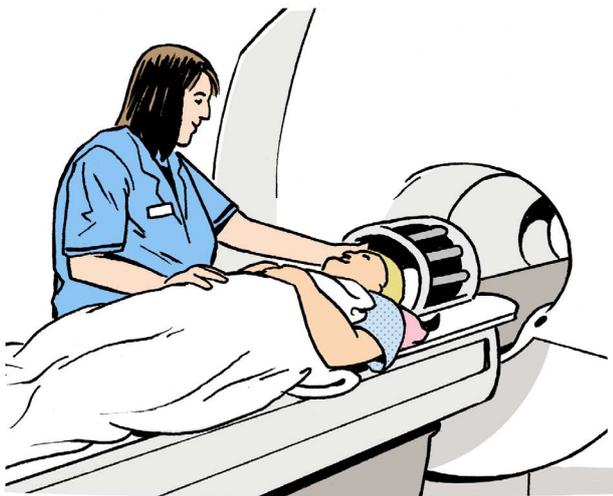
The number of treatments you have will depend on what kind of cancer you have. Every person will be different.



What happens



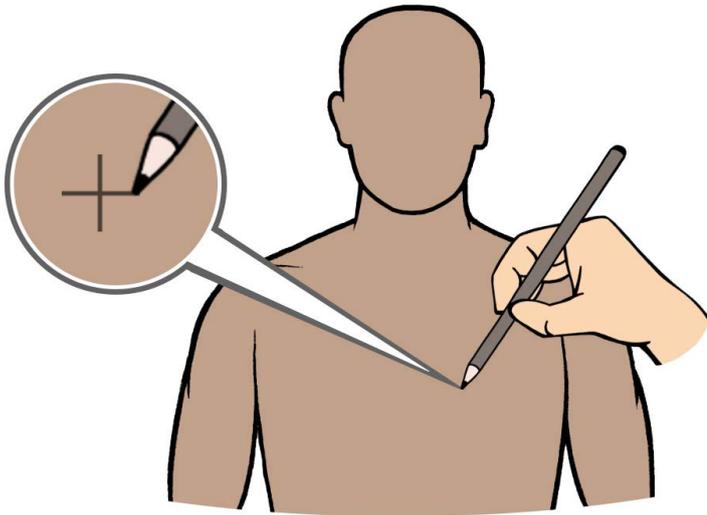
You will have your treatment in the radiotherapy department of the hospital. It will be done by a person called a **radiographer**.



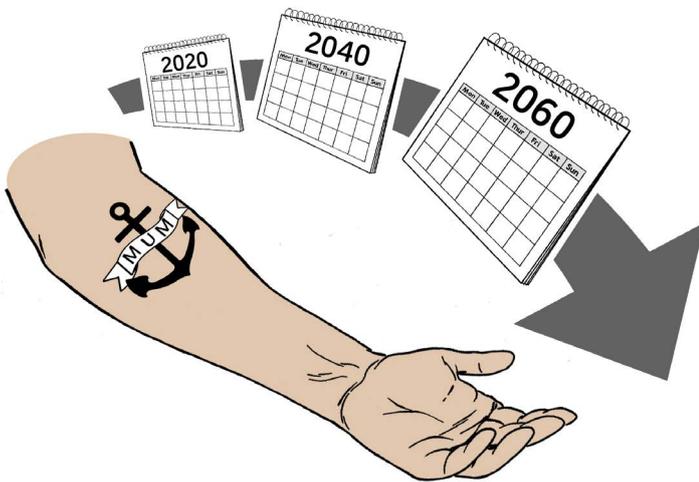
A **radiographer** is a person who takes **scans and x-rays** of people's bodies. They can also give people radiotherapy treatment. **Scans and x-rays** are ways of taking photos of the inside of the body.



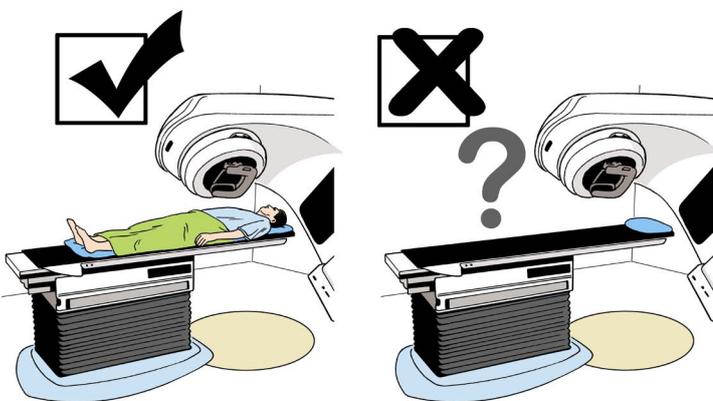
Before you have radiotherapy, you will need to come to the radiotherapy department for a scan. This is to plan where on your body you will have the radiotherapy.



The radiographer may make some very small **permanent** marks on your skin. This is to make sure that you get treatment in the same place every time.



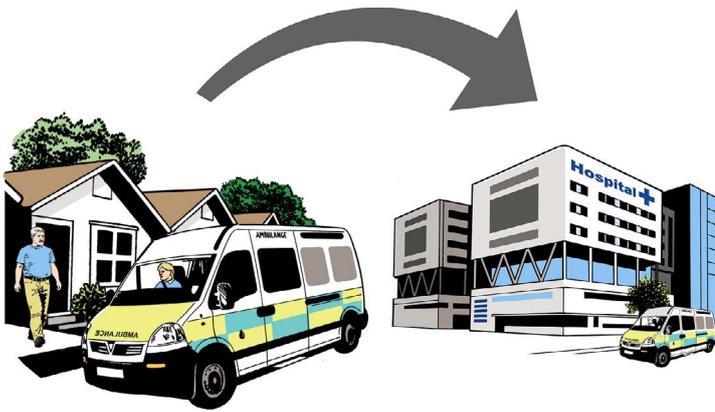
Permanent means that it is forever, like a tattoo.



It is very important to go to every treatment. If you miss one, it may not work as well. If you do not feel well enough to go for your radiotherapy, call the hospital for advice.



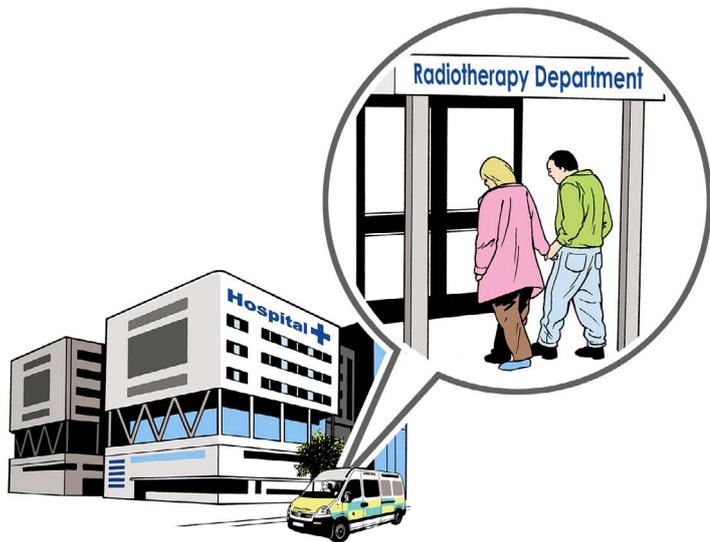
If you have a long way to travel each day for your treatment, ask the person who gives you support if they can drive you to the hospital.



Some hospitals provide transport. Charities and support groups sometimes do this too.



Ask the staff in the radiotherapy department about this.



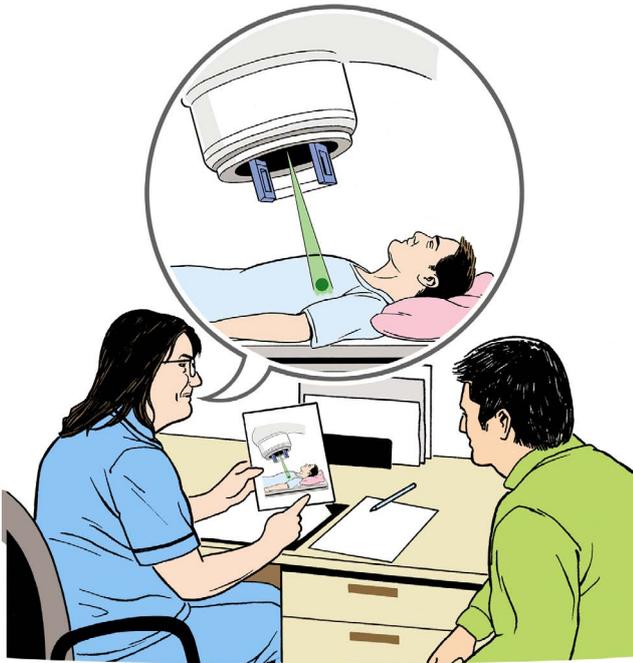
Radiotherapy can make you feel very tired. It could help to take the person who gives you support when you come for treatments.



Before you start your treatment you will be asked to give your **consent**.



Giving your **consent** means that you understand why you need treatment and say it is OK to have it. You can also decide that you don't want to have treatment.



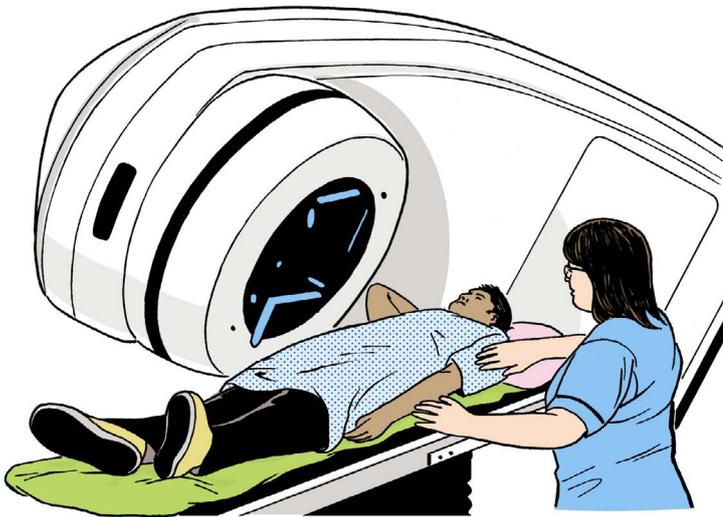
Before your first treatment, the radiographer will tell you what you will see and hear during the treatment.



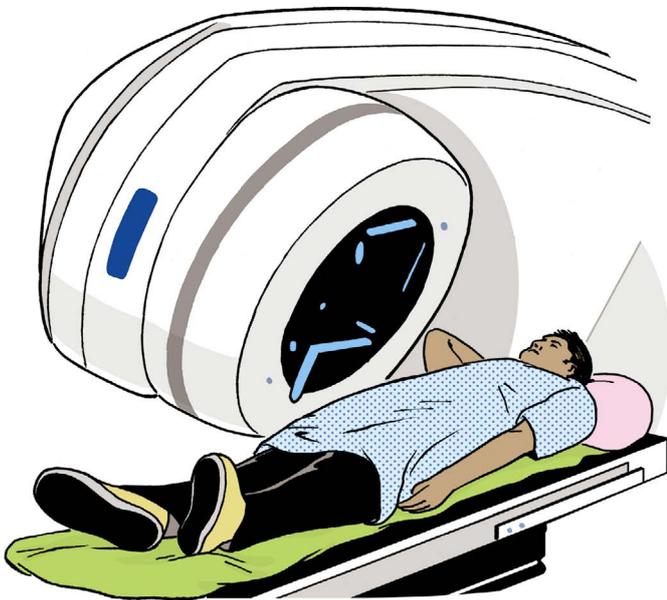
It's good to ask any questions and talk about anything that is worrying you.



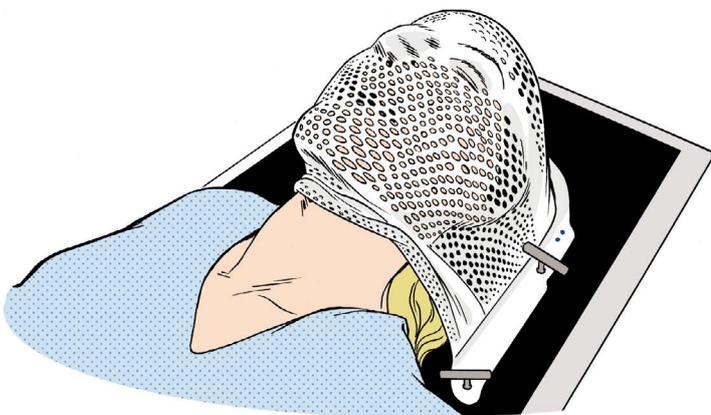
You may be able to go and see the radiotherapy department before your treatment, so that you know what will happen.



When you come for your treatment, the radiographer will help you to lie down in the right position.



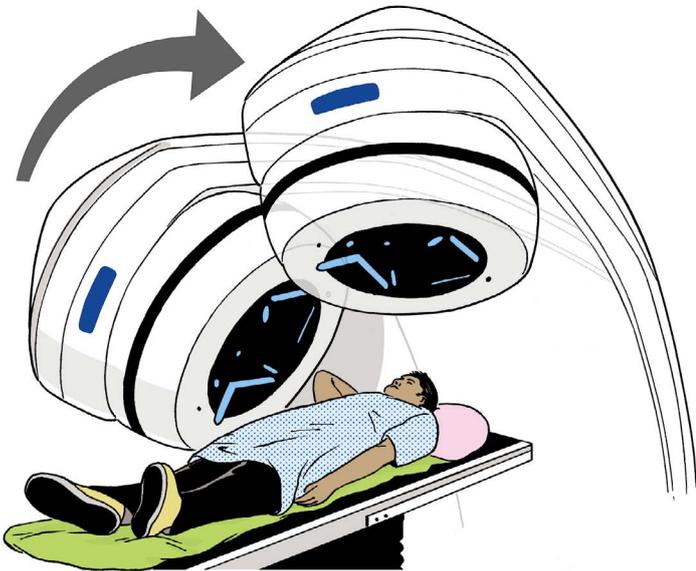
You will then have to keep very still while the radiotherapy is happening.



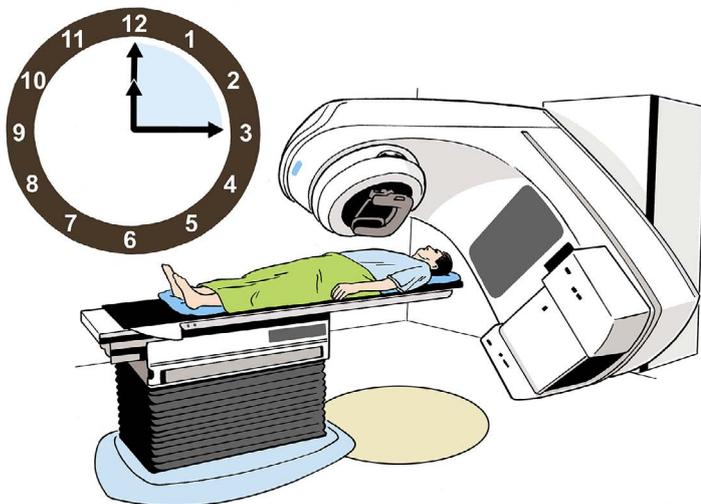
If you are having radiotherapy on your head, you might have to wear a special mask on your face to help you keep still. You can breathe normally while you are wearing the mask.



The radiographer will then have to leave the room, so they are protected from the strong x-rays. But don't worry, they can still see and hear you and talk with you.



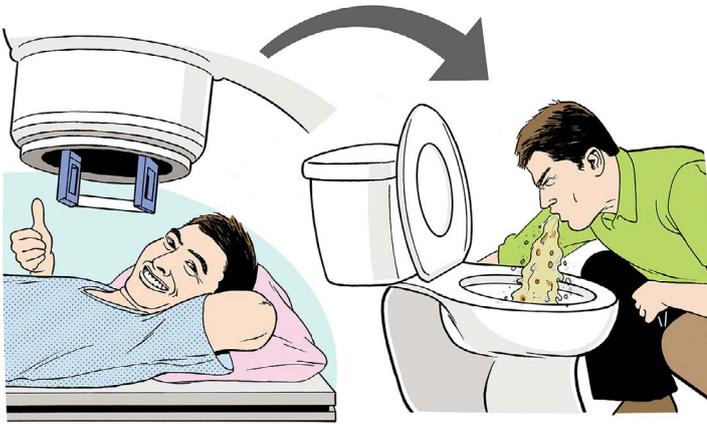
The radiotherapy machine might have to move about to give you the treatment from different directions.



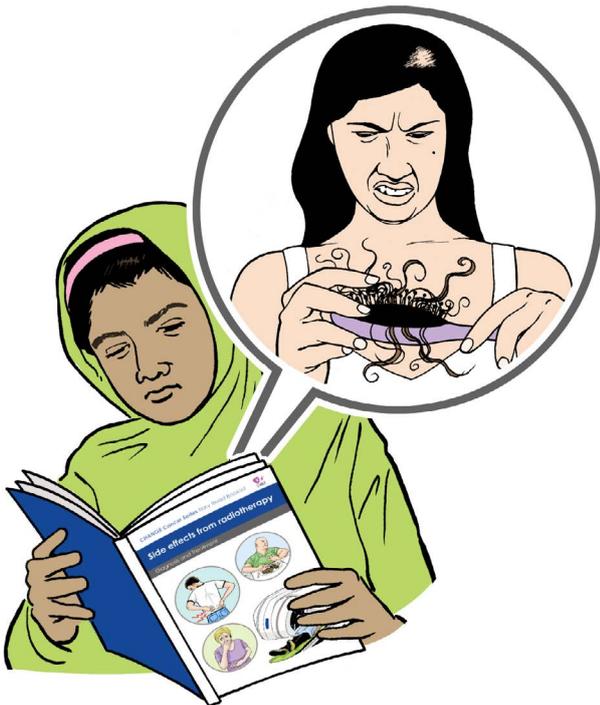
Try not to worry about this or the noise the machine makes. The whole treatment usually only takes 10 to 15 minutes.



The treatment does not hurt.



But it can cause some **side effects**. These are things that happen because of the treatment, like feeling tired or sick.



The side effects you have will depend on the part of your body being treated. There is more information about this in the **Side effects from radiotherapy** booklet. This booklet is listed on page 17.



How Macmillan can help you

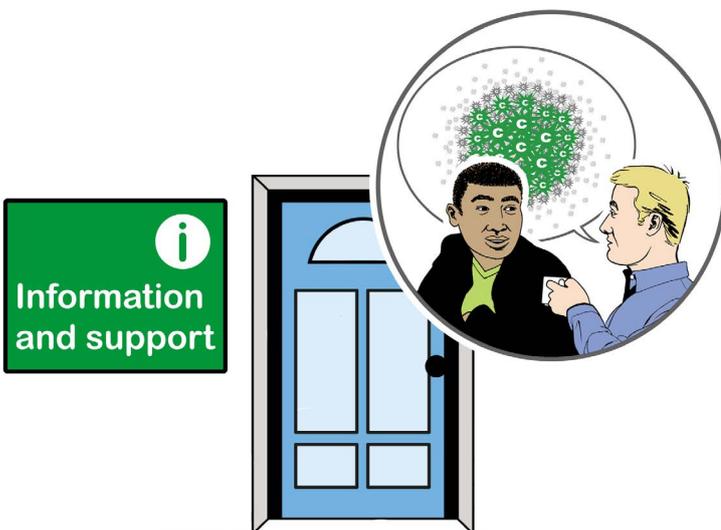


You can get support from:

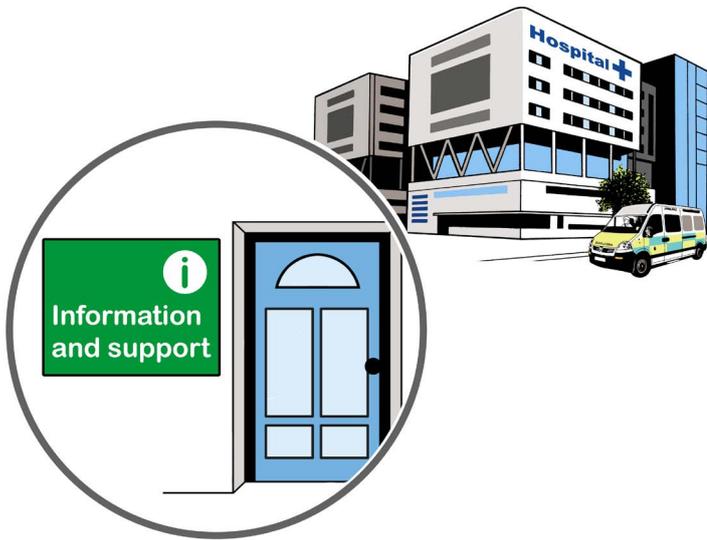
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit macmillan.org.uk for lots of information about cancer and living with cancer.



- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



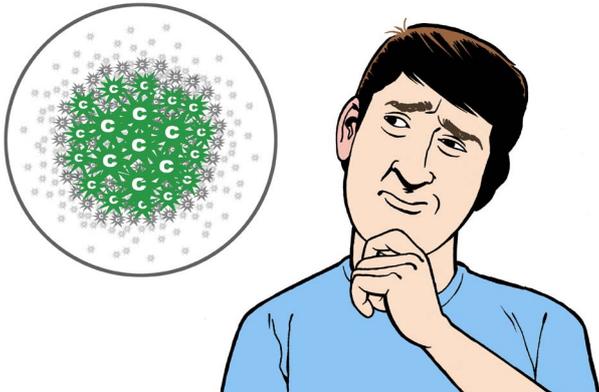
- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



More easy read booklets



Order more easy read booklets from macmillan.org.uk/easyread

There are booklets on lots of topics:

About Macmillan

- How Macmillan Cancer Support can help you

About cancer

- Lung cancer
- What is cancer?

Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



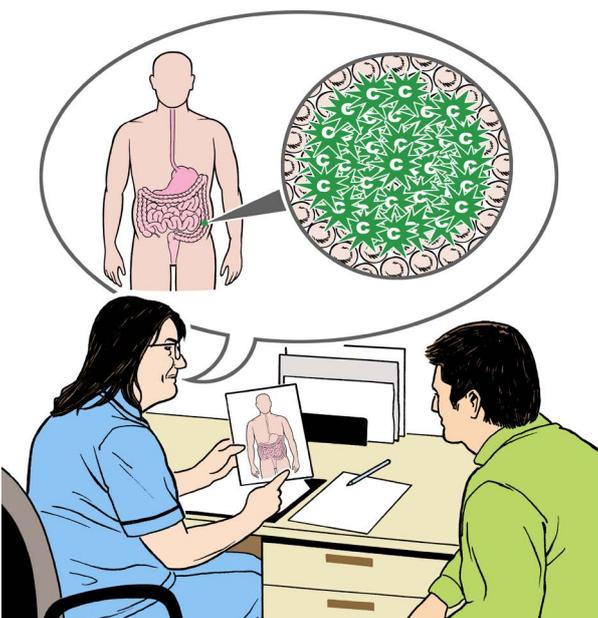
Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking



Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer



End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website macmillan.org.uk/easyread or call us on **0808 808 00 00**

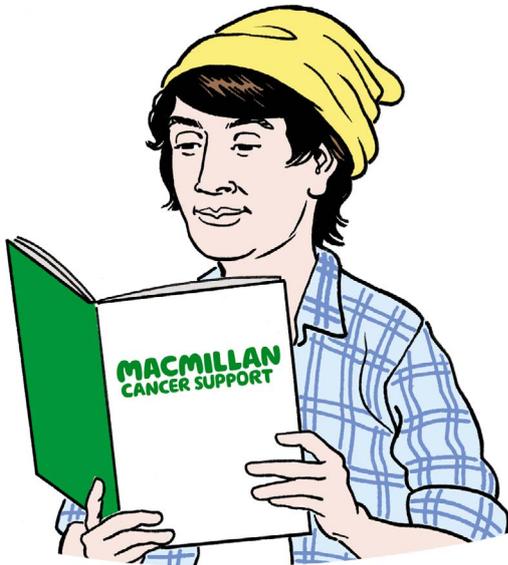


More information and resources



Macmillan website

There is lots of information about cancer at macmillan.org.uk



Booklets about cancer

You can order booklets about cancer from be.macmillan.org.uk



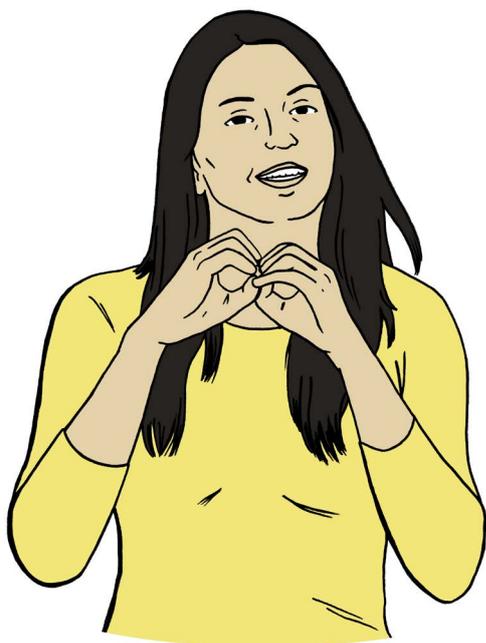
Videos

You can watch videos about cancer at macmillan.org.uk/videos



Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



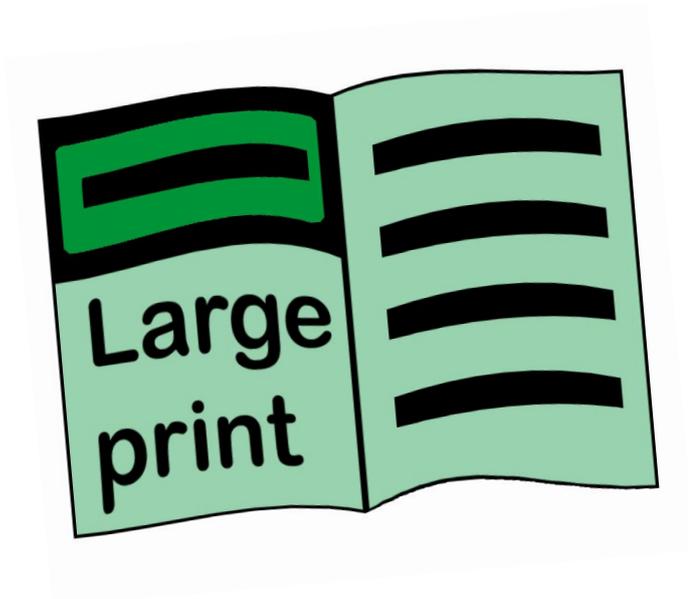
British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



eBooks

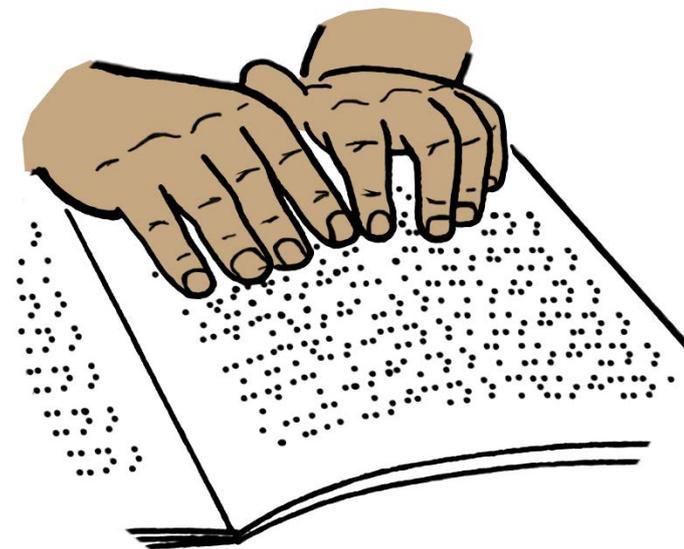
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



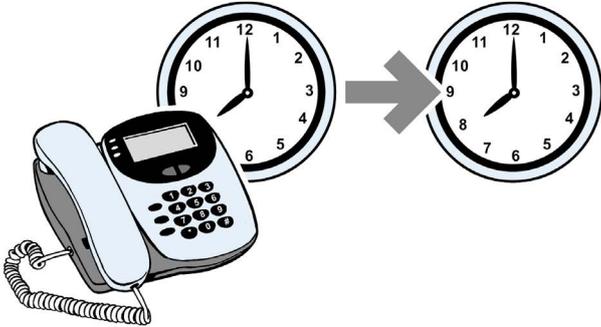
Braille

Tell us if you need information in Braille.

Email: cancerinformationteam@macmillan.org.uk

This booklet is about cancer.

It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling
18001 0808 808 00 00



- Or go to the website
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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