



Radiotherapy treatment of the female pelvis

Side effects

The side effects mentioned may appear from the 2nd week of treatment but are not systematic.

Urinary effects:

- Cystitis which results in urinary burning, very frequent urge to urinate.

Digestive effects:

- Bloating, false urges and diarrhea.

Skin effects:

- Irritation (redness) of the irradiated area, the intergluteal fold, vulvitis, vaginitis and itching.
- Vaginal dryness.

Sexual disorders

Precautions to take

- ✕ Have a full bladder: urinate 1 hour before the session and drink ½ liter of water afterwards.
- ✕ Drink 1.5 to 2 liters of drinks per day (water, coffee, herbal teas, soups, etc.).
- ✕ Have the rectum as empty as possible by having a daily bowel movement.
- ✕ Follow the dietary advice in the booklet distributed.
- ✕ Take a daily shower with a superfatted soap (without perfume).
- ✕ Dry the groin folds gently without rubbing.

For your comfort

- ✕ Favor loose-fitting underwear made of cotton or other natural materials.
- ✕ Avoid overconsumption of tobacco, alcohol, coffee, tea, spices which are irritating to the bladder.

As soon as an unexplained side effect appears, talk to the radiographer or your radiotherapist.

Apply all these recommendations from the first radiotherapy session and for 3 weeks after the last session.