



## Radiotherapy treatment of the prostate

### 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, sometimes blood in the urine.

#### Digestive effects

- Bloating, false urges, diarrhea, sometimes hemorrhoidal attacks, anal itching and blood in the stools.

#### 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,
- ✕ Have the rectum as empty as possible by having a daily bowel movement (suppository if necessary).
- ✕ Follow the dietary advice in the booklet distributed.

### For your comfort

- ✕ Favor underwear made of cotton or other natural materials.
- ✕ Take a daily shower with a superfatted soap (without perfume).
- ✕ 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.