



Radiotherapy treatment at the pelvic level

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.
- Hemorrhoids and blood in the stools possible.

Skin effects:

- Irritation (redness) of the irradiated area, the intergluteal fold, and itching at the anal verge.

Precautions to take

- ✗ Have a full bladder: urinate 1 hour before the session and drink ½ liter of water afterwards except in the case of bladder treatment.
- ✗ Drink 1.5 to 2 liters of drinks per day (water, coffee, herbal teas, soups, etc.).
- ✗ Try to have regular bowel movements.
- ✗ 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

- ✗ Choose 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.