



Radiation to the Pelvis

When receiving radiation treatments, you may experience side effects, which your doctor will discuss with you. The side effects vary depending on your tumor and the technique used to treat it. Some side effects may go away over time.

Common Side Effects

- Fatigue
- Skin irritation
- Diarrhea and possible cramping
- Pressure in the rectal area or painful bowel movements
- Problems urinating

Key Reminders

- Do not wash off your treatment marks
- Eat a bland, low-fiber food to help with diarrhea
- Ask your nurse for a low-fiber diet sheet
- Drink at least 2 glasses of liquid daily to prevent dehydration
- Consume juices with cranberry to help ease any burning sensation when you urinate
- Eat foods high in potassium, such as baked potatoes (white), bananas and apricots
- Avoid caffeine and alcohol
- Decrease fluid intake in the evening
- Keep the area as dry as possible—cornstarch mixed with baking soda will help control moisture
- Do not apply lotions or creams **4 hours** before your radiation treatment—you may apply them after treatment
- Follow a bland diet if you experience nausea or diarrhea until the side effects go away

If you experience problems related to side effects, please notify your doctor, nurse or radiation therapist. You may need a prescription to help relieve some of your side effects.