

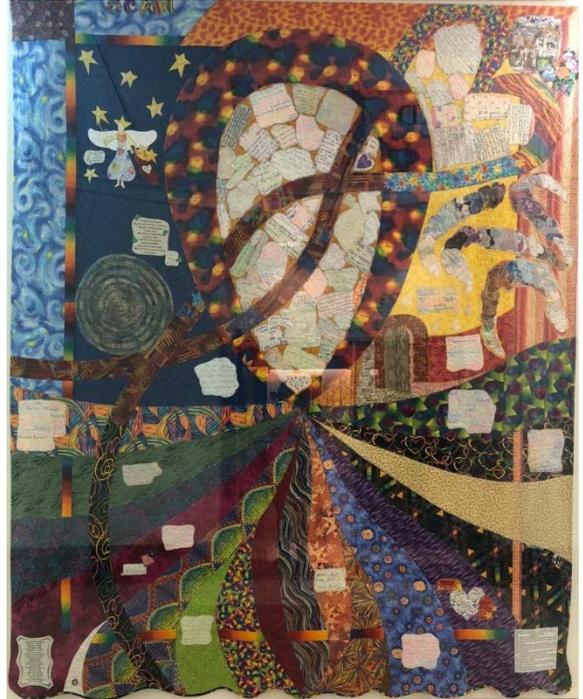
# Radiation Oncology

## Welcome to Radiation Oncology at UChicago Medicine.

In this packet you will find information about your care team, our department, and the services we offer. There is also information about the radiation treatment process and instructions for your hospital stay.

During your stay we want you to feel comfortable and get the information you need to make the best decisions for your care.

If there is anything that we have not answered, please ask.



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Health Literacy and Plain Language Translation by  
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# Radiation Oncology Important Contact Information

## Weekdays During Clinic Hours 8:00am to 5:00pm

To make or change an appointment or to talk with your nurse or other member of the team during clinic hours, call the Radiation Oncology Main Number at **(773) 702-6870**.

## Evenings, Weekends, Holidays or When the Clinic is Closed

If you have a question or concern when the clinic is not open call **(773) 702-6870**.

This phone number is supported by our dedicated after hours operator. Tell the operator you need to speak with the resident doctor on call. The operator will page the doctor who will take care of your medical needs.

## Important Phone Numbers

Radiation Oncology Main Number	(773) 702-6870
Patient Care Coordinator	(773) 834-6995
Treatment Room 1	(773) 702-2525
Treatment Room 2	(773) 834-7297
Treatment Room 3	(773) 702-0007
Treatment Room 4	(773) 834-8921
CT Simulation Room	(773) 834-7274
Radiation Oncology Social Worker	(773) 702-1881
Oncology Dietitian	(773) 834-7125

**In an Emergency Call 911 or  
Go to the Nearest Emergency Room.**

# Directions to the Duchossois Center for Advanced Medicine (DCAM)

**Parking A:** 5840 S. Maryland Ave. **Best Parking for DCAM** ★

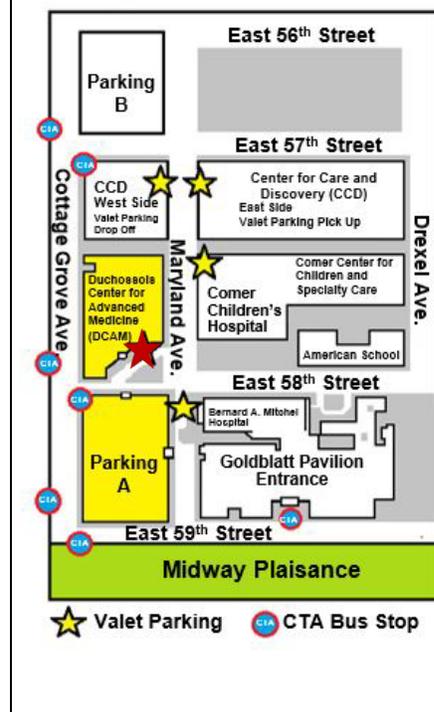
**Best for patients and visitors going to** Duchossois Center for Advanced Medicine (DCAM). Turn on Maryland Ave. from 59<sup>th</sup> Street and the entrance will be on your left. A walking bridge on Level 2 connects Parking A to Mitchell and DCAM. Parking A Office is located on Level 1, enter on Maryland Ave.

**Ask clinic staff about discount parking rates for patients and visitors.**

## Walking Directions from Self-Parking A:

### Directions to Radiation Oncology (DCAM 1D)

- Parking A has 2 elevators. One is on the East side and one is on the North side. Take the North elevator to the Bridge between Level 1 and 2 (marked BR on elevator panel).
- Exit elevator and go into the glass doors on the right. Turn left inside the glass doors.
- Walk over the Bridge into the DCAM building. You will see a sign saying “Welcome to the Duchossois Center for Advanced Medicine (DCAM)”.
- Pass “Café Central” on your left and the Atrium and DCAM entrance below on your right. The elevator is at the top of the stairs. Take the elevator or stairs to the first floor.
- From the elevator, walk towards the restrooms and turn left. At the end of the short hallway, turn right to Radiology and Radiation Oncology. Watch for the entrance to Radiation Oncology on the left.
- Turn left to 1D and enter Radiation Oncology reception and waiting area. The check in desk will be on your right.



**Valet Parking at DCAM:** 5758 South Maryland Ave.

Car drop off and pick up is in front of the DCAM Lobby. Valet parking is from 5:30am to 6:00pm. After 6:00pm use the assistance button on the Valet Parking Pay Station to get your car.

# Radiation Oncology Clinic

**Reception and Exam Rooms.** Please check in with our Patient Service Representatives. Our reception area and exam rooms are on the first floor and lower level of the Duchossois Center for Advanced Medicine (DCAM Room 1-D). **DCAM Corridor leading to Radiation Oncology** →



**Treatment Areas.** Treatment areas are on the lower level. Take the elevator inside Radiation Oncology to get to the lower level (LL).

There are changing areas and sitting rooms to prepare for your treatment. When coming out of the elevator, men go to the right to the Men's Gowned Area. Male family members or guests can wait in the men's area.

**Room 1D Entrance to Radiation Oncology** →



Women go to the left to the Women's Gowned Area. Female family members or guests can wait in the women's area. There is also a reception area for family on the first floor.

**Elevator inside Radiation Oncology (1<sup>st</sup> floor) to get to Lower Level** →



Please let any member of our care team at the guest service station know if you have been waiting for more than 20 minutes. There are monitors in the gowned areas on lower level and reception area on upper level to let you know the time of your treatment, if you have been checked in, and if you are scheduled for your weekly checkup visit.



**Radiation Oncology Elevators on Lower Level**

# My Radiation Oncology Care Team

## Attending Doctor

This is your Radiation Oncologist who is a board certified doctor who specializes in treating cancer with radiation. The doctor says how much radiation you get and how it is given. They also help you with the side effects of treatment. Your doctor will work with our radiation team to make a radiation plan just for you.



## Resident Doctor

Our Resident Doctors are training in radiation oncology. They work side-by-side with the attending doctors. They go to different services in the department, so you may meet more than one Resident Doctor during your stay.

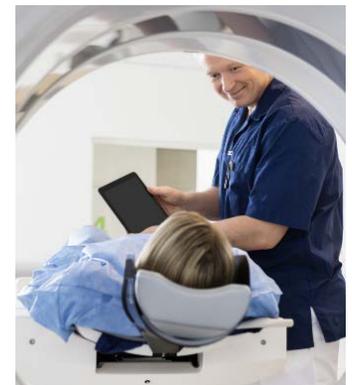
## Nurses

You will see your Radiation Oncology Nurse at your consultation visit and weekly during treatment. Our nurses will provide education, support, and teach you how to take care of yourself during and after your radiation treatment. If you have a question or concern, ask a nurse or other staff member at the guest service station.

## Radiation Therapists

The radiation therapists will get you ready for treatment and operate the equipment that gives the radiation.

They will be your daily partner in treatment and explain what will happen during treatment.



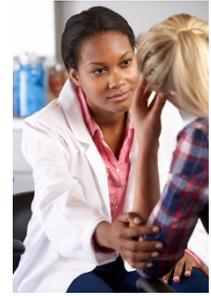
## Medical Physicist

Medical physicists plan radiation treatments for patients. They calculate how much radiation is right for each patient.

# My Radiation Oncology Care Team

## Social Worker

Our social worker is here to help with everyday concerns such as transportation as well as emotional concerns that are common during cancer treatment.



## Oncology Dietitian

Our dietitian is located in the Coleman Center for Supportive Oncology and available to talk in person or by phone with patients and families about nutrition needs during and after cancer treatment.

## Patient Care Coordinator

A person who helps patients and their families during their stay at UChicago Medicine.

They help plan your care and work closely with your oncology nurse and cancer team.



## Patient Service Representatives

At the guest service stations our team will greet you. For your safety, please check in each day when you arrive so they can let your care team know you are here. They will also schedule your follow-up visits or tests.

## Medical Assistants

Our medical assistants partner with our nurses and will take you to an exam room to prepare for your visits with the radiation oncologist. They help with patient care needs on unit.

# Your Radiation Oncology Care Pathway

Radiation therapy is a common cancer treatment that uses radiation to destroy cancer cells. Many people with cancer can benefit from radiation therapy. More than half of kinds of cancer are treated with radiation.

## Consultation Visit: 1 to 2 hours

The consultation visit is your first appointment with us. The radiation oncologist looks at your medical records and talks with you about how radiation therapy may help in the treatment of your cancer.



## CT Simulation: About 1 to 2 hours

If you are going to have radiation therapy, the next step is a CT Simulation. This is a special scan used to make a radiation plan that is just for you.

Arrive 15 minutes early to prepare for your appointment.

## Planning Your Treatment: Can take up to 14 days

When your CT Simulation is done, your radiation oncologist will work with the medical physicist and dosimetrist to make a custom treatment plan for you.

## Start of Treatment

When the treatment plan is done and approved by your radiation oncologist, you will get a call from a radiation therapist to set up your treatment appointments.

## On Treatment Visits (Your Weekly Checkup)

Throughout your radiation treatment you will have a weekly checkup visit with your radiation oncologist once a week. This visit will be on your appointment schedule and is held right after your radiation treatment.

For your safety and care, the team will ask about any side effects you may have and will answer any questions.

# Your Radiation Oncology Care Pathway

## Communication Between Appointments

Our care team wants to be sure you have the information you need. We are here to serve and support you. For your safety and well-being, our team will reach out to you about your treatment progress.

## End of Treatment

On your last day of treatment you will:

- Have an opportunity to ask your care team questions and review self-care instructions
- Review follow up appointments and next steps in your care
- Ring the celebratory Lumiere Bell as a symbol of strength, hope and life.
- Receive a congratulatory certificate from your care team.



## Follow Up Appointments after Treatment is Complete

It is important to return for follow-up appointments.

These appointments help us know the results of your treatment and manage any side effects.



# Planning Your Treatment

## CT Simulation: 1 to 2 hour

If you are going to have radiation therapy, the next step is a CT Simulation. This is a special scan used to make a radiation plan that is just for you.



- The CT Simulation is often a separate appointment.
- The radiation therapist will place you in the treatment position and make a special mold. The mold is used for every treatment to make sure you are in the right position.
- It is important to lie still during the simulation. If you cannot lie flat or think you may have pain, tell your radiation oncologist or nurse before the day of the simulation.
- To get a good scan image we may need to use contrast dye. This depends on what area of your body is being scanned. If contrast dye will be used, you will be instructed not to eat anything for 2 hours before the simulation appointment.  
**You can drink water, and take your medicines as usual.**
- The radiation therapist may put small permanent tattoos and pen marks on your skin to show the area to be treated. Do not wash off the marks. You may shower, but the shower should spray away from the marked area. Do not scrub your skin. After you shower gently pat yourself dry.

# Planning Your Treatment

## Things to Know

- External beam radiation therapy does not make you radioactive.
- The radiation cannot be seen, felt, or smelled.
- The radiation beam does not hurt.

## Things to Think About

- Talk about treatment appointment times with the radiation therapist.
- Make plans for any needed child care. Children under age 18 must be with an adult who is not the patient.
- Make sure you have arranged for your transportation for your treatments and clinic visits.
- Call your treatment room if you are going to be late for your appointment.
- At any time, your radiation therapist or your radiation oncologist can let you know how many treatments you have left in your plan.
- Every treatment room has music players for you to use. Music is a wonderful way to feel relaxed. There are many kinds of music to listen to or you can bring your own music.
- Children getting treatment may bring a favorite soft toy or blanket to help them be comfortable.

## Your First Radiation Therapy Treatment

When the treatment plan is done and approved by your radiation oncologist, you will get a call from our scheduling coordinator to set up your treatment appointments.

- The first day of radiation takes a little longer. The therapists will teach you about positioning (how to lie down) and help you with any concerns you have. The team may do a practice run on the first treatment day to test the plan before radiation begins.
- Arrive 5 to 10 minutes early for treatments. Allow extra time on the first day.



# Your Treatment Visits

## Your Radiation Therapy Treatments

Most people get treatment once a day Monday through Friday. Check in each day at the front desk.

There may be a delay on the machines. The therapists will let you know of any delays or schedule changes.

During radiation therapy you lie down on a treatment table and a large machine moves around you and aims a beam of radiation at the cancer. The radiation therapist can see, hear, and talk with you from the control room during your treatment.

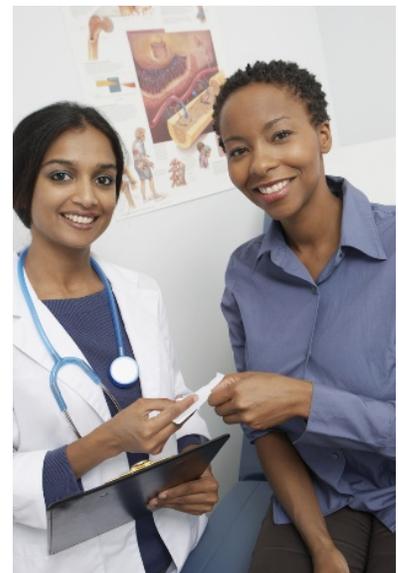


## Your Weekly Checkup Visit is on \_\_\_\_\_ (day of week)

For your safety and care, you must see your Radiation Oncologist one time each week. We refer to these checkup visits as your On Treatment Visits (OTV). These are a good time to ask questions, talk about side effects, and tell your nurse or radiation oncologist how you are feeling.

Allow extra time in the clinic when you have your weekly checkup visit.

You do not have to wait for your weekly checkup if you have concerns. You can talk with your nurse at any time and they will help you or will tell your radiation oncologist of your concern.



On the day you have your weekly checkup, your therapist will take you to the guest service station after your treatment. We will check your vital signs, ask how you are doing, and take you to an exam room. Your radiation oncologist will examine you and talk with you about your progress and overall care.

**Let us know if you have any questions or concerns.  
We care about your well-being and want you to be comfortable.**

# Self-Care Instructions

Taking good care of yourself is important and is a part of follow up care after your radiation treatment.

You may still have side effects after radiation treatments are ended. These are some ways to manage side effects and care for yourself.

## Radiation Therapy Side Effects

Over time, some side effects can be uncomfortable, so your **radiation oncologist** will watch you closely. You may get these side effects in the part of your body that is being treated.

**Brain:** fatigue (feeling tired and weak), hair loss (on the part of the body being treated), throwing up or feeling like you want to throw up, skin changes, headache and blurry vision.

**Breast:** fatigue, hair loss (on the part of the body being treated), skin changes, tenderness and swelling.

**Chest:** fatigue, hair loss (on the part of the body being treated), skin changes, throat changes, cough and shortness of breath.

**Head and Neck:** fatigue, hair loss (on the part of the body being treated), mouth changes, skin changes, throat changes, cough and shortness of breath

**Pelvic Area:** diarrhea, fatigue, hair loss (on the part of the body being treated) throwing up or feeling like you want to throw up, sexual and fertility changes, skin changes, urinary and bladder changes.

**Rectum:** diarrhea, fatigue, hair loss (on the part of the body being treated) sexual and fertility changes, skin changes, urinary and bladder changes,

**Stomach and Abdomen:** diarrhea, fatigue, hair loss (on the part of the body being treated), throwing up or feeling like you want to throw up, skin changes, urinary and bladder changes.

# Self-Care Instructions

## Pain Management

Every patient interprets pain differently and use the pain scale to help describe the level of pain you are having to help determine the best plan of care. If your pain is worse after treatment, call your radiation oncology care team at **(773) 702-6870**.

## Pain Scale

Use a number from 1 to 10 to describe the amount of pain you have by how it affects your daily activities.

You feel normal. Treatment is not needed.		Pain is annoying but does not keep you from daily activity.		Pain keeps you from normal activity. You need something for your pain.			Pain keeps you from doing any activity.			
0	1	2	3	4	5	6	7	8	9	10
Mild Pain					Moderate Pain			Severe (very bad) Pain		
← Controlled					Not Controlled →					

## Medications

Talk to your doctor who prescribed your medications for more instructions or for refills.

You can request refills directly with your MyChart account for convenience.

Your pharmacy can also help you with any questions you may have about your medications or for help with refills.



## Signs of Fever or Infection

If you had or are now having chemotherapy, watch for a fever over 100 degrees or any change in your health or how you feel.

If you have a fever of over 100 degrees you must go to your local Emergency Room.



# Self-Care Instructions

## Caring for Your Skin

Irritation or skin problems can go on for several weeks. Be gentle with your skin in the treated area until it is completely healed. It will take about 3 to 8 weeks for your skin to fully heal. You may still have dry skin after treatment and it may be permanent.

- Protect your skin from sun, wind, and extreme temperatures. Wear a hat, visor, or scarf when needed. Wear long-sleeved shirts or long pants if needed.
- The skin in the treated area can easily get sunburn for the rest of your life. Lessen the time the treated area is exposed to the sun.

Gently apply SPF 30 (UVA/UVB) sunscreen.

Apply sun screen every 90 minutes when in the sun and after swimming.

- Do not scrub marks off your skin. They will fade away with time and from washing the area with soap and water.
- Do not apply ice packs, heating pads or hot water bottles on your skin until the treated area is completely healed unless advised by your care team. Wait at least 2 weeks after treatment.
- You can take a bath as long as you do not have any skin breakdown. Use lukewarm water when taking a bath or shower.
- If your skin in the treated area breaks down or is broken down, keep up the treatment prescribed by your **radiation oncologist** or nurse on open skin areas.

Keep using your Radiaplex gel or other lotion or ointment that your nurse or radiation oncologist recommended for your intact skin.



# Self-Care Instructions

## Daily Activity

Feelings of being tired, weak or worn-out during treatment will lessen over time. How tired or weak you feel depends on the size of the area that was treated, your health, and your overall physical condition.

Most of the time, the feeling of being tired and worn out will go away in 4 to 6 weeks after your treatment, but it may last up to three months or longer.

- You can go back to your regular daily activity as you are able. If you feel tired, limit your activity and rest as needed.
- You may exercise lightly as your **radiation oncologist** has instructed.
- Take naps and sleep more at night.
- Ask for help with house work and preparing meals. Do not turn down offers for help.



Your doctor may give you other instructions such as:

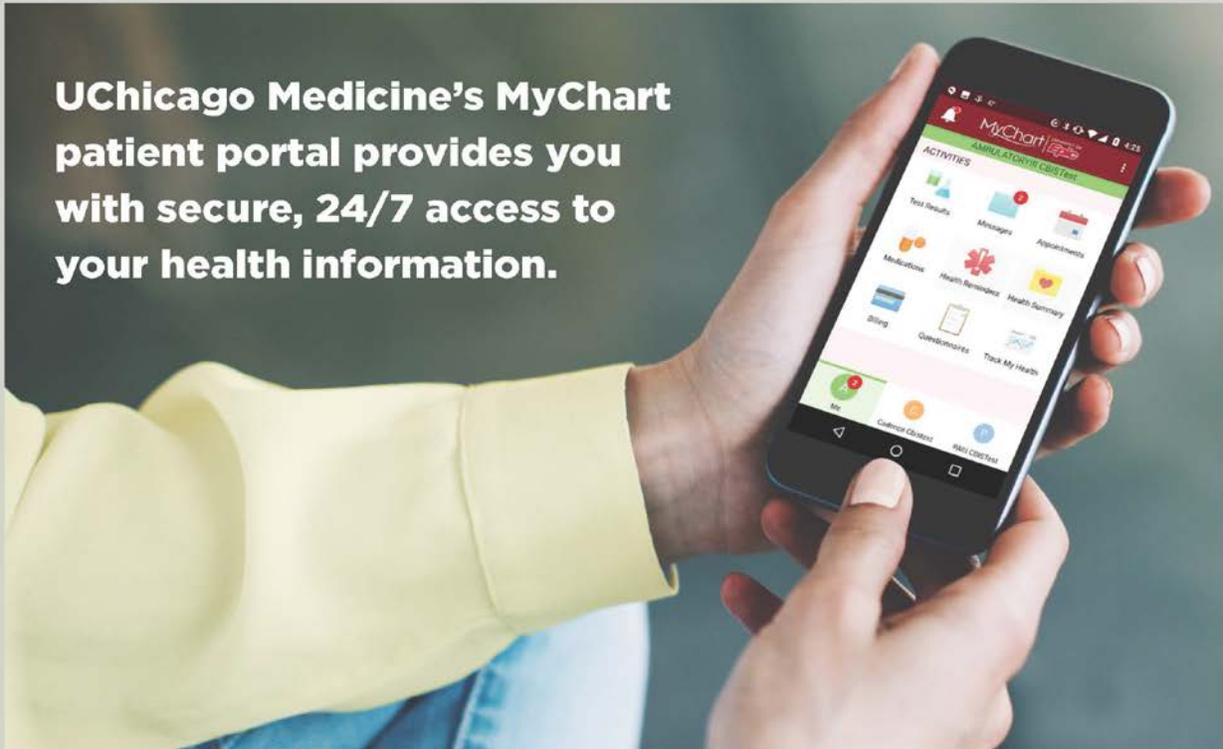
- Do not lift anything heavy.
- Do not have blood taken or your blood pressure taken from your arm.

## Questions or Concerns

For any questions or concerns, you can call your radiation oncology care team at **(773) 702-6870**. For non-urgent concerns you can also contact your care team using MyChart.

**For an emergency call 911  
or go to your local Emergency Room**

**UChicago Medicine's MyChart patient portal provides you with secure, 24/7 access to your health information.**



## Take Control with a *MyChart* Account

Ask your health care provider about getting signed up today.

With a free MyChart account you can:

- » Contact your health care provider for medical advice
- » Request an appointment
- » Pay bills and keep track of payments
- » View test results and visit summaries
- » Request a prescription refill



AT THE FOREFRONT  
**UChicago  
Medicine**

[mychart.uchospitals.edu](http://mychart.uchospitals.edu)

Questions? Call 844-442-4278

To get started, visit  
[mychart.uchospitals.edu](http://mychart.uchospitals.edu)

- **Already have an activation code?**  
Click **Sign Up Now** and enter the unique code found on your after-visit summary.
- **Don't have an activation code?**  
Click **Request Access to My Account** to request a code.



Download the free MyChart app in the  
App Store or Google Play.

