



East Suffolk and  
North Essex  
NHS Foundation Trust

# Advice after a single treatment or a short course of radiotherapy

***Radiotherapy Department  
Colchester Hospital  
Tel: 01206 745055***



## **Introduction**

You have been given a short course of radiotherapy. The aim of your radiotherapy treatment is to relieve your symptoms.

## **Returning to normal – how long will it take?**

After your radiotherapy treatment you may find that you may have some side effects. These symptoms can start quickly after treatment, and last for few days but may reach their peak 7–14 days after treatment has finished.

If you have any problems please contact us, your GP, or other health care professionals who are involved in your care to get more advice. Our contact numbers are listed opposite.

Please refer to your radiotherapy information leaflets for advice regarding the side effects which may occur after radiotherapy. These side effects should settle in time and this may happen gradually; it is difficult to put a time scale on this as everyone's response to treatment is different.

## **Follow-up appointments**

Most patients have a follow-up appointment for 4–12 weeks after treatment. The timing of this appointment will be decided by your consultant. You may be given this appointment at the end of treatment or it may be sent to you in the post. Please call us if you do not receive an appointment.

If you have outstanding chemotherapy appointments after your radiotherapy, your follow-up appointment will be arranged by the chemotherapy staff.



## **Letting your GP know**

Details of your treatment and progress will be sent to your GP so that your records can be kept up-to-date.

## **Contact numbers**

### **Macmillan Advanced Radiotherapy Practitioner**

Tel: 01206 745 025

Monday to Friday, 8.30 am–4.30 pm

### **Radiotherapy Reception**

Tel: 01206 745 055

### **Appointments**

Tel: 01206 745 033

### **Radiotherapy nurses**

Tel: 01206 745 037

### **Wellbeing Centre and Macmillan Cancer Information Centre Colchester Hospital**

Tel: 01206 745 347

### **Macmillan Cancer Information Centre Broomfield Hospital**

Tel: 01245 515 981

### **Macmillan Cancer Support**

Freephone: 0808 808 0000



## Your experience matters

We value your feedback. Please help us improve our services by answering a simple question, in our online survey – “Overall, how was your experience of our services?”

This survey is known as “The Friends and Family Test”.

You can either scan this QR code with a smart phone camera:



Or type the following web address into your browser:  
[www.esneft.nhs.uk/get-involved/your-views-matter/friends-and-family-test/](http://www.esneft.nhs.uk/get-involved/your-views-matter/friends-and-family-test/)

Thank you very much.

## Please ask if you need this leaflet in an alternative format.

Issued by:  
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[www.esneft.nhs.uk](http://www.esneft.nhs.uk)



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