



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



**East Suffolk and  
North Essex**  
NHS Foundation Trust

# Finishing a course of radiotherapy

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

Side effects of radiotherapy often reach their peak 7–14 days after treatment has finished. They then settle and gradually improve over the following weeks or months.

It is difficult to put a timescale on this because everyone's recovery rate is different.

## Skin care

Continue to follow our skin care advice for at least two weeks after your treatment has finished or until it has healed, and then gradually start to return to your normal routine.

The skin in the area which has been treated will always be more sensitive to the sun so please cover it with clothing or a sunscreen of at least factor 30 when outdoors.

## Follow-up appointments

Most patients have a follow-up appointment for between four and 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 will be sent to your GP so that your records can be kept up to date.

## Returning to work

If you have been off work while you have been undergoing radiotherapy, you should return only when you feel ready. It is probably wise to give yourself time to get over your treatment. This is something you may wish to discuss with your oncologist or GP.

## Contacting us

If you have any questions regarding your radiotherapy treatment, aftercare or side effects advice, please call.

### Macmillan Advanced Radiotherapy Practitioners

Tel: 01206 745025

Monday to Friday, 8.30am–4.30pm

### Radiotherapy Reception

Tel: 01206 745055

### Appointments

Tel: 01206 745033

### Radiotherapy nurses

Tel: 01206 745037



## Further information and support

**Wellbeing Centre and  
Macmillan Cancer Information Centre**  
Colchester Hospital  
Tel: 01206 745347

**Macmillan Cancer Information Centre**  
Broomfield Hospital  
Tel: 01245 515981

**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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Colchester Hospital, Turner Road, Colchester CO4 5JL  
[www.esneft.nhs.uk](http://www.esneft.nhs.uk)