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## *Information for You from Your Health Care Team*

### **Radiation Therapy to the Abdomen**

About 2 to 3 weeks after your first radiation treatment, you may notice skin changes of the stomach area. These changes are an expected part of your therapy and are temporary. The following instructions will help you care for these areas and decrease the effects of radiation.

#### **Skin Care**

- Do not remove the colored marks from your skin. These outline the area to be treated and must remain in place until treatments are completed. Do not sit in a tub. You may shower.
- Avoid all soaps, lotions, ointments, cosmetics, and perfumed powders on the treatment area.
- Do not use heating pads or ice bags on the treatment area.
- Keep the treated area out of the sun.
- Skin changes such as redness, dryness, peeling, and tanning can happen. Itching and dryness may occur. Do not scratch your skin. Instructions will be given to you. Please report any break in the skin to the doctor or nurse.
- Your body hair in the treatment area will fall out between 2 or 3 weeks after beginning treatments.
- Avoid tight-fitting clothing around your stomach and pelvic area. For women, it is best not to wear girdles or pantyhose. Cotton underwear is the best choice.

#### **Diet**

- Drink plenty of liquids: 8 to 10 glasses of fluids each day, not including coffee or tea.
- Enough caloric and protein intake are a very important part of your therapy in order to maintain your weight and benefit most from your treatments. You will be placed on a high-protein, high-calorie diet unless your doctor advises against it. The nurse will help you with this.
- Nausea may occur after your radiation treatment and can be controlled by medicine. Be sure to let your technologist or nurse know if you are having nausea.
- You are encouraged to discuss any problems concerning side effects, diet, or any other aspects of your therapy with your physician or nurse.