

## Frequently Asked Questions

Can my family stay with me inside the room during my treatment?

No. Since we are dealing with high energy x-rays, it is dangerous for anyone to be inside the treatment room except for the patient.

How long will the treatment course be?

It varies. Radiotherapy is commonly given 5 times a week (Monday to Friday) and this continues for a period of 1 to 7 weeks. It is very important for you to attend all of your treatment appointments.

How long does each treatment session take?

You will be in the treatment room for 20 to 30 minutes mainly for positioning. You will only receive radiation for 1 to 2 minutes.

What happen if I missed my appointment?

It is very important for you to attend all of your treatment appointments. Therefore if you missed any, we will add the missed appointments after your final appointment date.



It is recommended to quit smoking during treatment period. Smoking lowers oxygen levels in your body and radiation treatment works best with higher levels of oxygen. Smoking may escalate and worsen the side effects.



It is recommended to stay away from alcohol consumption during treatment period as it can cause irritation to the treatment area.



Radiotherapy

**DOES NOT**



make you radioactive

## Contact Us

Opening Hours

Mon to Thu	8am - 5pm
Friday	8am - 12pm 2pm - 5pm

For enquiries, please contact:

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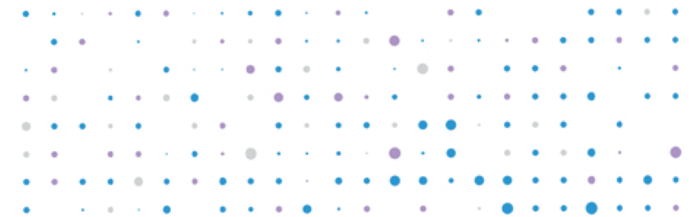
[www.pjscbrunei.com](http://www.pjscbrunei.com)



PANTAI JERUDONG  
SPECIALIST CENTRE



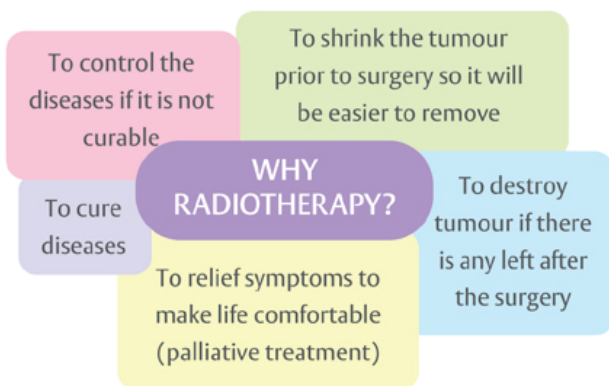
Radiotherapy  
Information leaflet



## What is Radiotherapy?

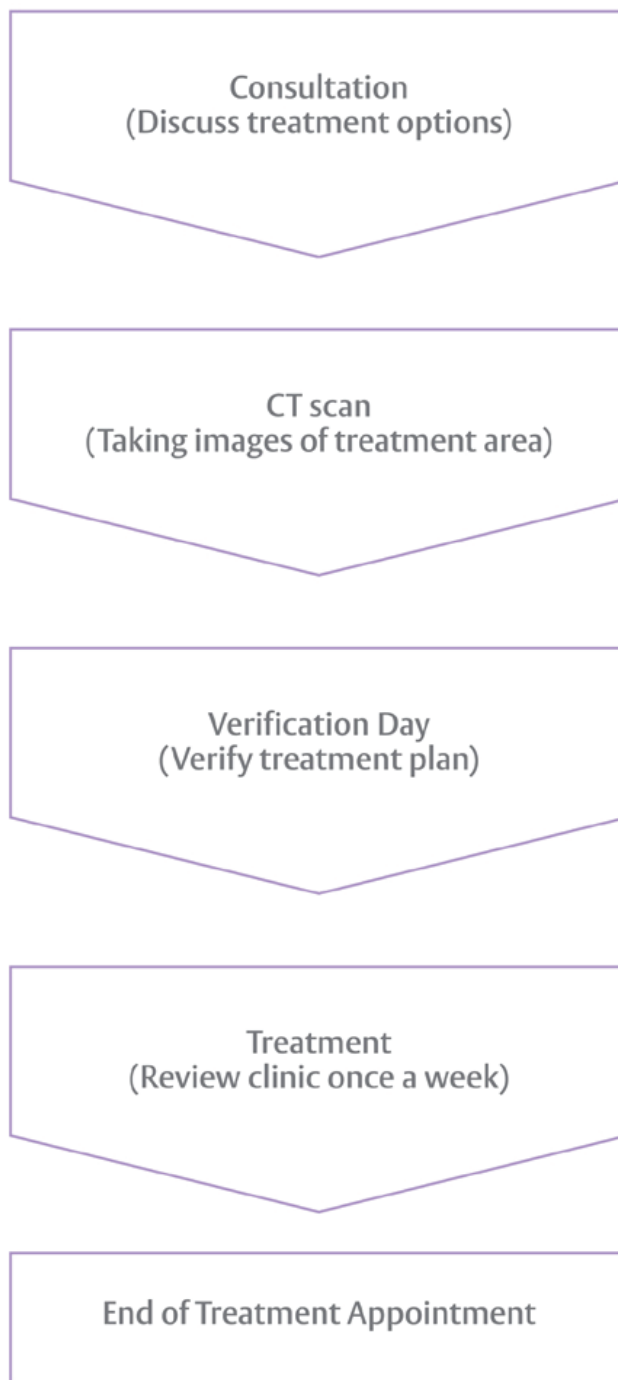
Radiation therapy or radiotherapy is a painless treatment used against cancer with the use of high-energy radiation.

Radiation suppresses cancer cells from spreading and growing. When cancer cells die, your body is capable of getting rid of them. However, normal cells may be damaged in the process but they are able to repair themselves.



Radiation Oncologist	Medical Physicist
A medical specialist who is an expert in cancer management.	An expert in Physics who will plan your whole treatment.
Radiation Therapist	Nurse
Skilled health care professionals who will attend you during your whole treatment.	Taking care of patients.

## Your Treatment Journey



## What to expect when you come for radiotherapy treatment?

- You will be asked to lie down on an adjustable bed. Our radiation therapists will position and align you. Depending on the treatment area, a thermoplastic immobilisation device may be necessary.
- Once the alignment is done, our radiation therapists will leave the room to start the scan. It is important that you stay calm and at rest throughout the treatment process. However, do not forget to breathe normally throughout the procedure.
- There are CCTVs and speakers installed in the treatment room. Our team will monitor you through the CCTV during the treatment, hence if you need anything just wave or speak to us and we will assist you. You will not feel anything during the treatment but you can hear buzzing noises from the machine indicating that the beam is being delivered.

### General side effects of Radiotherapy

**Side effects of radiotherapy will vary and it depends on the area of the body being treated.**

Common side effects are:

- Temporary or permanent loss of hair in the area being treated
- Skin problems; the skin may be dry and itchy in the treated area.
- Skin may also look red, tanned or sun burnt temporarily
- Feeling tired and lacking energy
- Loss of appetite