

What to expect shortly after Radiotherapy to the Prostate

Information for patients



Leeds Cancer
Centre

You have now finished your radiotherapy treatment to your prostate.

Over the next few weeks, you may continue to have some side effects from the treatment, or you may notice new ones developing. These are common and usually improve with time. This leaflet provides more information about what to expect.

Passing urine (having a wee)

You may notice that:

- You need to pass urine more often than usual.
- You need to rush to the toilet more urgently.
- Your urine stream is weaker or slower.
- Passing urine may sting or feel uncomfortable.

To help with these symptoms:

- Drink plenty of water.
- Choose drinks that do not contain caffeine where possible.
- Avoid alcohol and fizzy drinks.

This is because caffeine, alcohol and fizzy drinks can all irritate your bladder. This may make you want to wee more often. If you are already experiencing this, it is advisable to avoid these drinks while your symptoms are settling. This may help reduce bladder irritation and improve your symptoms.

If your urinary symptoms are troublesome, a medication called **Tamsulosin** may help improve urine flow and help your bladder empty more completely.

This medication requires a prescription from your GP or hospital doctor.

Bowel movements (wind and/or poo)

You may notice that:

- You feel like you need to open your bowels, but little or nothing comes out.
- You need to open your bowels more often or more urgently.
- Your stools (poo) are softer or looser than usual.
- You pass more wind (gas).
- Occasionally, you may notice a small amount of blood or mucus.

To help with these symptoms:

- Eat a diet that is high in fibre.
Fibre can help to bulk up stools, and make them more formed. This may be helpful for people who need to poo more often than usual, or where the poo is looser than normal. It may also help with bowel control, and give you more warning before you need to open your bowels.
- Consider using Fybogel, which can be bought from a pharmacy without a prescription.
- Drink plenty of fluids.

Tiredness

It is common to feel more tired than usual for a few weeks after treatment finishes.

Try to:

- Listen to your body.
- Rest when you need to.
- Gradually return to your normal activities as your energy improves.

When will these side effects improve?

Most of these side effects start to settle within 4 to 6 weeks after treatment has finished.

You can find more information in the **"Radiotherapy for Prostate Cancer". (LN000023)** leaflet.

Please scan or click the QR code or visit:

[www.leedsth.nhs.uk/patients/
resources/radiotherapy
-to-the-prostate/](http://www.leedsth.nhs.uk/patients/resources/radiotherapy-to-the-prostate/)



Who should I contact if I have concerns?

If you have significant symptoms before your next hospital appointment, please contact the **Leeds Prostate Clinical Nurse Specialist (CNS) Team** on:

- **0113 206 7872** (Monday to Friday during working hours).
- **0113 206 8290** (Monday to Friday during working hours).

Outside normal working hours, call:

- **0113 243 3144** and ask for the Oncology Bleep Holder.

Your follow-up appointment

You will have a follow-up appointment with your clinician approximately 6 to 8 weeks after your radiotherapy finishes. This will usually be a telephone appointment, unless other arrangements have already been made.

You will receive details of this appointment separately. If you have not heard about your appointment within six weeks of completing treatment, please contact your local urology CNS team.

PSA blood test

A PSA blood test measures the level of **prostate-specific antigen (PSA)** in your blood. PSA is a protein made by the prostate gland.

It helps us assess how you have responded to the treatment.

It is helpful to have a **PSA blood test** shortly before your follow-up appointment.

If you or your GP have not already been told how to arrange this blood test, please contact your local urology CNS team for advice.

Local Urology CNS Teams

- Airedale: **0153 529 2134 or 0153 529 2252**
- Bradford: **0127 438 2079**
- Calderdale/Huddersfield: **0148 435 5269**
- Harrogate: **0142 355 3318**
- Leeds: **0113 206 7872 or 0113 206 8290**
- Pinderfields: **0192 454 2279**
- York: **0190 472 1735**

Questions / Notes

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What did you think of your care?

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