

After evaluation by Huntington Hospital's radiation oncology team, you will receive your treatment plan and begin your course of radiation therapy. Your daily treatment sessions will last about 15-20 minutes and will be delivered to you by trained radiation therapists who work under the direct orders of your radiation oncologist.

You can choose a treatment time that is convenient for you. A special parking area is reserved for our radiation therapy patients so you can come and go as quickly as possible.

Here are some useful facts, tips and other information to consider during your radiation therapy treatment:

- Receiving external beam radiation therapy does **not** make you “radioactive.” You do **not** need to take special precautions to protect others from radiation.
- You may continue to enjoy your normal lifestyle and continue with your normal daily activities such as work, exercise, family and group activities.
- Good nutrition is always important to support a healthy lifestyle.
- Continue to eat a well-balanced diet that includes protein (cheese, meat, eggs, fish, legumes and nuts) and has a high enough calorie intake.
- Feel free to eat whenever you are hungry.
- Keep healthy snacks available for nibbling.
- Let your doctor know what vitamin and/or herbal supplements you are presently taking.
- For comfort, you may want to wear loose fitting clothing for your treatments.
- Blood tests will be drawn periodically. If your insurance allows, they will be drawn in the department by the registered nurse. If your insurance mandates other sites to perform your blood tests, the registered nurse will direct you to these sites with the proper blood test orders.
- Your doctor will discuss specific side effects depending on the dose of radiation and the site being treated. These side effects will be listed on a consent form you will sign at the beginning of your treatment. Make sure you keep the signed consent form for reference.