

This instruction is intended for our patients who are in a care relationship.

Satakunta Hospital District | Wellbeing Services County of Ostrobothnia | Hospital District of Southwest Finland

Radiation therapy for pain relief

Radiation therapy can be effective for relieving pain. Pain relieving effect usually starts 1-2 weeks after the treatment has begun and the final result is usually achieved within 4 weeks.

Radiation therapy can have side effects, but they are usually temporary and rarely severe. Side effects depend on the individual and they depend on the dose and the size of the treated area. If you experience any side effects, always inform your radiation therapist/nurse.

Pain

In the beginning of radiation therapy some of the patients can experience more pain due to the swelling caused by radiation treatment. Doctor evaluates your need for pain killers at the appointment. In radiation therapy it is important to stay still, so take your suitable pain killers before coming to the treatment if necessary.

Irritation to the bowel and bladder

In addition to pain, radiation therapy to the pelvic area or lower back can cause diarrhea, flatulence and bladder irritation. If you have diarrhea multiple times a day (more than 3 times) tell that to your radiation therapist/nurse.

For some patients treatments and e.g. strong pain killers can cause constipation. Drinking plenty of fluid (1 ½- 2 liters/day) keeps the content of the intestine soft and eases defecating. It is good that you empty your bowels at least once a day. If you empty your bowel less often, you can buy anti-constipation drugs from pharmacy or ask for a prescription.

Bladder irritation symptoms are burning feeling during urinating and the feeling that you need to pass urine more often. You can ease these symptoms by suitable pain killer and drinking plenty of fluid.

Nausea

Radiation therapy can cause nausea and irritation to the esophagus and stomach. Doctor will prescribe you medicine if necessary.

Satakunta Hospital District • www.satasairaala.fi • Tel. 02 627 71

Wellbeing Services County of Ostrobothnia. • en.osterbottensvalfard.fi • Tel. 06 218 1111

Hospital District of Southwest Finland • www.vsshp.fi/en • Tel. 02 313 0000