



Information for You from Your Health Care Team

**Radiation Therapy to the Pelvis
(Prostate, Bladder, Colon)**

About 2 to 3 weeks after your first radiation treatment, you may notice skin changes of your abdomen and pelvis. These changes are an expected part of your therapy and are short-term. 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. You may dust the area with Johnson's® Baby Powder or cornstarch.
- 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. Please report any break in the skin to the doctor or nurse.
- Your body hair in the treatment area will come out between 2 and 3 weeks after beginning treatments.
- Keep buttocks and pelvic areas clean and dry.
- 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

- Do not take a laxative.
- Drink plenty of liquids: 8 to 10 glasses of fluids per day, not including citrus juices.
- You will be placed on a low-residue diet unless your doctor advises against it. The nurse will help you with this.
- Diarrhea and urinary frequency and burning may occur later on in treatments and can be controlled by diet and medicines. Be sure to let your technologist or nurse know if this occurs.

Speak up if you have any questions or concerns