Total Body Irradiation (TBI) and Total Lymphoid Irradiation (TLI)  
Patient Teaching - Radiation Therapy

Common Side Effects

Skin reactions: You may notice your skin become dry, itchy, or reddened during treatment. It is recommended that you shower daily with a mild soap. Protect your skin from the sun by covering up or using sunscreen. Wear loose clothing. Apply moisturizer such as Cetaphil or Lubriderm to your skin on entire body daily at night (not in between your treatments). Do not use deodorant during your treatments.

Nausea: It is common to experience some nausea and even vomiting during your treatment. Be sure to receive anti-nausea medicine before your daily radiation treatment. It is recommended to stay hydrated with fluids. Try to eat small frequent meals throughout the day. Bland foods such as toast, rice, noodles, etc. are easier on your stomach. Avoid greasy or spicy food. Nutritionists are also available to help you in the Radiation Therapy Department on Tuesdays or by appointment.

Fatigue: Fatigue is a common side effect from Radiation Therapy. Pace yourself and listen to your body. Take a nap during the day or go to bed earlier. Ask for help when you are too tired to do things yourself.

Less Common Side Effects

Diarrhea: Occasionally people will report diarrhea caused by the radiation. Should you develop this side effect, avoid high fiber diets or high fat foods that can make the problem worse. It is very important to drink plenty of fluids if you have diarrhea to prevent getting dehydrated. Sometimes your medical team will recommend a medication to help with loose stools.

Dry mouth or Sore Throat: People can feel dry mouth or sore throat during their radiation treatment. Taking sips of fluids throughout the day will help. Eating soft, moist foods will help your sore throat.

Questions
If you have any questions about Radiation Therapy and side effects, please ask the Radiation Therapists, Doctors, and Nurses. You can also call the Radiation Therapy nursing station at 650-723-5159. Afterhours please call 650-723-6661.

After you complete your Radiation Treatment
Once you have completed your course of radiation, your Transplant team will continue your care.

Thank you for allowing us to be a part of your care.