

What happens at the end of my radiotherapy treatment

Radiology/Cancer Services

Patient information

What is this information about?

This information is about what to expect after your treatment ends. It covers follow-up appointments, coping with side effects, nutrition (eating and drinking), and going back to work. It also has a list of useful contacts and sources of help and support at the end of this information.

Why have I been given this information?

You have now finished your radiotherapy treatment. It is normal to have some questions about what to expect next. The information here will help you know what you can do to look after yourself. Keep it in a safe place so you can refer to it when you need to. You can also share it with anyone living with you or looking after you.

How do I know if my treatment has worked?

You may not know how for a few months how well the treatment has worked. This is because radiotherapy keeps working even after your treatment has finished.

When will I see my consultant again?

You should get a follow-up appointment between 4 to 6 weeks after your radiotherapy treatment ends. This will be with your consultant or a member of the team. This will either be a telephone call or a face-to-face appointment.

In this appointment you can talk about any worries or concerns you have. Your oncologist (cancer doctor) may give you a physical examination. They may arrange tests or scans to check whether the cancer has responded to treatment.

If you do not receive this appointment, please contact Brighton radiotherapy reception or Eastbourne secretaries. You will find their contact details at the end of this information.

When will my side effects begin to get better?

Side effects may carry on for some weeks after your treatment ends.

What these side effects are will depend on which part of your body was treated. Please check your consent form for information about what side effects to expect.

Sometimes the side effects get worse before they get better. This can take a few months. Please follow the advice that the radiographers gave you at the end of your treatment.

Who can I contact if I have any questions or concerns?

Even though your treatment has finished, you can still call the radiotherapy department if you are worried or have any questions. You will find their contact details at the end of this information.

You may also be in contact with Macmillan cancer nurse specialists, dieticians or other professionals. Please reach out to them after your treatment, if you need further support.

When can I go back to work?

You may have kept working during your treatment. You may have stopped working.

If you have stopped working, there is no right or wrong time to start again. Do this when you feel ready. You may want to talk to your employer about working part time to start with, before you go back to your normal working pattern.

A course of radiotherapy can impact on your financial (money) situation. If this is a worry for you, please do get in touch with Macmillan or the Horizon Centre to see what support is available. Their contact details are at the end of this information.

What should I eat after my treatment has ended?

Make sure you eat a healthy balanced diet and stay hydrated (drink enough) after your treatment has finished. This is just as important after your treatment as it is during your treatment.

You may have been given special dietary advice during your treatment. Follow this advice, and any other advice that the radiographers or dietician may have given you until symptoms improve. Your GP or cancer specialist nurse will also be available to help.

Is there other support available?

The Macmillan Horizon Centre Psychological Therapy Service supports patients, family members and carers until 6 months after treatment has finished.

They provide Anxiety Management virtual sessions, Mindfulness virtual sessions and Life Coaching. Please call or visit the Horizon centre to see what other resources are available.

Tel: 01273 468770

Website: www.macmillan.org.uk/horizoncentre

Email: horizoncentre@macmillan.org.uk

Macmillan psychological support services across Sussex include:

East Sussex Macmillan Counselling Service

Tel: **01323 414918 Ext. 32527**

The Olive Tree Cancer Support Centre in Crawley

Tel: **01293 534465** or **01403 627424**

Website: **www.olivetreecancersupport.org.uk**

Email: **admin@olivetreecancersupport.org.uk**

Macmillan Cancer Information Service at the Queen Victoria Hospital in East Grinstead

Tel: **01342 414369**

Email: **cancer.information@qvh.nhs.uk**

The Pickering Cancer Drop-in Centre

Tunbridge Wells, 27 Monson Road, Tunbridge Wells, Kent, TN1 1LS.

Tel: **01892 511880**

Website: **www.pickeringcancercentre.org**

Physical activities

RESTORE supports people living with cancer related fatigue.

Website: **www.can-restore.org.uk**

Active Outlook is a physical activity programme to support patients' recovery.

Email: **scfactiveoutlook@macmillan.org.uk**

or ask a member of the cancer care team.

Useful contact numbers:

Macmillan Cancer Support

0808 808 0000

www.macmillan.org.uk

Cancer Research UK

Call **0808 8004040** or visit **www.cancerresearchuk.org**

Preston Park Radiotherapy Centre: 01273 665190

Sussex Cancer Centre Radiotherapy reception: 01273 664901

Eastbourne Radiotherapy Unit: 01273 938900

For follow up appointments:

Brighton reception: 01273 696955 Ext. 64324

Eastbourne follow up: 0300 1314500

(ask to be transferred to secretaries)

For emergencies out of hours:

Contact your GP or call **NHS 111**.



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information-for-patients-and-public](http://www.uhsussex.nhs.uk/research-and-innovation/information-for-patients-and-public)**
or scan the QR code



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in Brighton & Hove or Haywards Heath

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