

Completing your prostate radiotherapy

Radiotherapy Department Patient information

This leaflet provides you with information now that you have finished your prostate radiotherapy treatment. If you have lost or need any of the leaflets you were given at the start of treatment, please contact the radiotherapy department on **0300 019 2481**.

What happens next?

Follow up appointment

You will have a telephone appointment with your urology nurse or review radiographer about 10-12 weeks after your last treatment. This follow up appointment will be sent to you in the post.

We ask that you have a PSA blood test one week before your follow up appointment and you will need to schedule this at your GP or local hospital.

Depending on where you live in Dorset, you may be given a paper blood form to take with you to your GP. This will be provided by your radiotherapy team at your last treatment. The radiotherapy team may request your bloods electronically, in which case you will not be given this paper form.

In the meantime, if you have any concerns or questions, you can contact your urology nurse or the radiotherapy helpline on: **0300 019 2481**.

Side effects

Radiotherapy side effects build up over time. It is quite normal for them to continue after your radiotherapy and in some cases, they will become worse before they get better. The severity of the side effects will vary from one person to another and depends on many factors. Typically, 2-3 weeks after finishing your treatment, your side effects will start to reduce and slowly improve over the following months.

Common short term side effects

If these occur after treatment has finished and you need help managing them, please contact the radiotherapy helpline on: **0300 019 2481**.

- **Tiredness:** This varies greatly between patients and can be due to many factors. Do as much as you feel able to and rest when you need it. Often light exercise such as a short walk can help. There are some useful contacts at the end of this leaflet, such as Macmillan cancer support, which may help you to cope.

- **Urinary changes:** You may find you are weeing more often than normal - urgency has increased and your flow is slower. If at any stage you find you cannot wee at all, this could be a sign of urinary retention and you must seek medical attention immediately.
- **Bowel changes:** You may have found that you poo more often than normal, and this may be accompanied with urgency. Your poo may have become looser, contain more mucous, or you may feel like you have more wind than normal.

Longer term side effects

Details of long-term side effects can be found in your prostate radiotherapy leaflet or consent form. Please ask if you need a new copy of this. If you are experiencing longer term side effects and need support with these, please contact your urology nurse.

Contact details

Dorset oncology and radiotherapy advice helpline - DORAH

General support and advice about radiotherapy call: **0300 019 2481**

8am to 5.30pm Monday - Friday, but a message can be left at any time. It is important to note that the DORAH helpline is not for emergencies.

Oncology patient hotline

For urgent support, open 24 hours a day for urgent enquires only call: **0300 019 4302**

If your call is not answered, please leave a message and you should get a call back within 30 minutes.

Urology nurse specialists

Poole Hospital: **0300 019 8635**

Royal Bournemouth Hospital: **0300 019 4977**

Dorchester Hospital: **01305 255145**

Macmillan Cancer Support

www.macmillan.org.uk 0808 808 0000 (seven days a week 8am to 8pm)

We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on **0300 019 8499**.

To read this leaflet in a different language,
please visit our website: **www.uhd.nhs.uk/visit/patient-information-leaflets**
and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499**
or email **uhd.patientexperienceteam@nhs.net**.

Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB
Robert White Radiotherapy Centre, Dorset County Hospital
Williams Avenue, Dorchester, Dorset, DT1 2JY

Author: **Kayleigh Barnes** and **Helen Payne**

Date: **March 2026** Version: **Two** Review date: **March 2029** Ref: **204/23**

w: www.uhd.nhs.uk : [@UHDTrust](https://www.facebook.com/UHDTrust) : [@uhd_nhs](https://www.instagram.com/uhd_nhs)

Some of our hospital services are moving.
Visit **www.uhd.nhs.uk/future** to find out more.