

BRAIN RADIATION INSTRUCTIONS

DO	DO NOT
<p>Fatigue Management</p> <ul style="list-style-type: none"> • Do take short naps during the day. • Do activities that are important to you and do them when you have the most energy.³ • Do ask for help with chores when needed. • Do try to do light exercise as it may give you more energy and can help you feel better. <p>Hair Care</p> <ul style="list-style-type: none"> • Do use a hairbrush with soft bristles or a wide-tooth comb to reduce stress on the hair shaft.³ • Do gently wash hair with mild shampoo one to two times per week using lukewarm water. • Do apply sunscreen with a SPF of 15 or more on the face and wear a hat.³ • Do wear a comfortable head covering to protect the scalp from sun, wind, or cold such as scarf, hat, and/or beanie.³ • Do apply Aloe™ or Eucerin™ cream to treatment site after treatment and before bed. <p>Nausea and Vomiting</p> <ul style="list-style-type: none"> • Do take an anti-nausea medication as prescribed by your provider. • Do eat small frequent meals throughout the day instead of eating large meals. • Do drink plenty of water and fluids to stay hydrated. Try to sip on liquids like water, ginger ale, tea, and/or sports drinks throughout the day. • Do ask others for assistance with food preparation if you are sensitive to smells. • <u>Do separate solids from liquids, to reduce volume in your stomach.</u> • <u>Do stick to foods that are cold or room temperature, to cut down on offensive odors.</u> 	<p>Fatigue Management</p> <ul style="list-style-type: none"> • Do not drive until you're cleared by your healthcare provider. • Do not take long naps during the day as they can affect your ability to sleep at night. • Do not consume alcohol and alcohol containing products.³ • Do not over schedule your days without giving yourself breaks. <p>Hair Care</p> <ul style="list-style-type: none"> • Do not use hair dryers on hot air setting (cool setting is okay), hair irons, or products such as gel or hair clips that may hurt your scalp.³ • Do not apply hair dyes or permanent treatments to the hair during radiation.³ • Do not apply sunscreen to the scalp.³ <p>Nausea and Vomiting</p> <ul style="list-style-type: none"> • Do not eat greasy, spicy, fried, or sweet foods as it may upset your stomach. • <u>Do not eat strong smelling foods, as they may trigger nausea.</u> <p>Eye Care</p> <ul style="list-style-type: none"> • If radiation is to the eye, do not wear any contact lenses during radiation therapy as they can cause serious eye infections.¹



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<p>Eye care</p> <ul style="list-style-type: none">• Do hydrate your eyes with preservative-free artificial tears that can be purchased over the counter.• Do use warm compresses at bedtime to decrease inflammation to the eyelid surface.• Do use sunglasses or eyeglasses to protect eyes from the wind or from airborne debris on windy days. <p>Seizures</p> <ul style="list-style-type: none">• Do ask friends and family members to learn seizure management.• Do tell your family members or friends to call 911 if a seizure lasts more than 5 minutes, if you have multiple seizures in a row, or if there is no recovery of consciousness after the seizure stops.• Do enjoy your normal activities.• Do take your medicine exactly as prescribed.• Do wear a medical alert bracelet to alert others of your condition.	<p>Seizures</p> <ul style="list-style-type: none">• Do not do any hazardous activities, such as mountain climbing or scuba diving.²• Do not operate heavy machinery or drive a vehicle until cleared by your healthcare provider.²• Do not use any medication without talking with your healthcare provider first.²• Do not swim alone or participate in any similar activities without others nearby.²

REFERENCES

- Rigg, J. (2012, November 02). Protecting Your Eyes during Cancer Treatment. Retrieved from MD Anderson CancerCenter:<https://www.mdanderson.org/publications/cancerwise/protecting-your-eyes-during-cancer-treatment.h00-158755479.html>
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