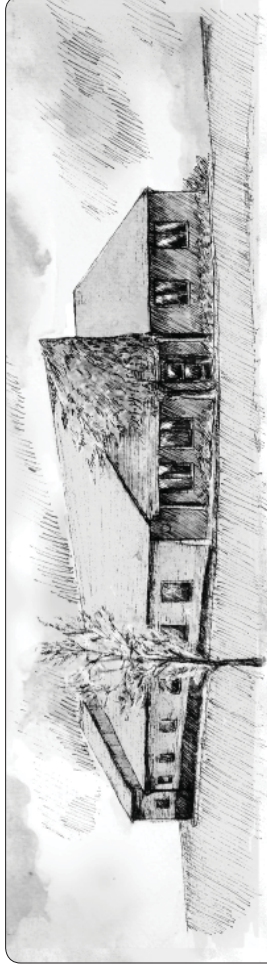


# a patient's guide

# Chemoradiation for oesophageal (gullet) cancer

Patient Information Series PI 67



## Lynda Jackson Macmillan Centre

*... supporting people affected by cancer...*

- ① Drop-in centre for support and information
- ① Telephone helpline
- ① Complementary therapies\*
- ① Counselling\*
- ① Benefits advice\*
- ① Relaxation classes
- ① Look Good...Feel Better™ beauty workshops
- ① The Way Ahead headwear workshops
- ① Self-help courses

The **Lynda Jackson Macmillan Centre** is situated between the Cancer Centre and Gate 3 (White Hill)

Please drop in or call to find out how we may be able to help you

Opening hours: **Monday–Friday: 9.30am–4.30pm**

Mount Vernon Cancer Centre, Northwood, Middlesex HA6 2RN

Telephone Helpline: **020 3826 2555**

Website: **[www.ijmc.org](http://www.ijmc.org)**

\* Service only available to NHS patients under the care of an oncologist based at Mount Vernon Cancer Centre



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East and North Hertfordshire  
NHS Trust



Mount Vernon  
Cancer Centre



## Consent

It is a legal requirement to have a signed consent form from you before the start of your treatment.

If you have already been given one of these forms, please bring the completed form with you when you come for your first appointment.

If you have not been given a form, this will be discussed with you at your first appointment.

## Identification

Please note that it is a legal requirement for the staff to check your name and details against your treatment sheet every time you attend.

## Pregnancy/fathering a child

Female patients must not be pregnant or become pregnant and male patients must not father a child during a course of radiotherapy or for some months afterwards. **Please discuss this with your cancer specialist.**

If you think there is a chance, however small, of you or your partner being pregnant during treatment, it is extremely important that you discuss this with your oncologist, radiographer or nurse as soon as possible.

Female patients will be asked to confirm their pregnancy status prior to radiotherapy. This applies to all women between the ages of 12 - 55 years. This is a legal requirement.

This publication has been produced by the Information team at the Lynda Jackson Macmillan Centre. Contributors include professionals, patients and carers from Mount Vernon Cancer Centre who have expertise and experience in the topics covered by this publication. All our publications are reviewed and updated regularly. If you would like any details of the references used to write this information please contact the LJMCC on 020 3826 2555.

**Lynda Jackson**  
Macmillan Centre



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## **Please read all of this leaflet before starting your treatment**

### **Introduction**

Your specialist cancer doctor, also known as an oncologist<sup>1</sup> has recommended that your cancer is treated with a course of chemoradiation at Mount Vernon Cancer Centre.

This leaflet is a simple guide to chemoradiation. It does not deal with every issue, but we hope it will answer some of your questions.

We also recommend that you read our leaflets:

PI01 - 'Guide to Radiotherapy'

PI02 - 'Guide to Chemotherapy'

If you have any further questions before, during or after your treatment, please ask one of your team. There are some contact telephone numbers on page 2.

### **What is chemoradiation?**

Chemoradiation involves giving two treatments together: chemotherapy and radiotherapy.

Chemotherapy is a form of drug treatment given to treat and control cancer cells.

Radiotherapy is the use of precise, accurately measured doses of radiation (x-ray beams) directed to a specific area to treat cancer cells.

You could be seen by both male and/or female radiographers when you have your radiotherapy planning and treatment.

<sup>1</sup> In this leaflet the term 'oncologist' will refer both to your cancer specialist and any doctors working within his/her team

## **Other help and support**

The Lynda Jackson Macmillan Centre (LJMC) offers information and support to patients and their families and is located next to Chemotherapy Suite by Gate 3. The staff at the LJMC work as part of the overall team caring for you.

People who have cancer often say that during their illness they experience a range of emotions. Many find it to be a stressful, anxious and confusing time. Please feel free to drop in before, during and after any of your visits to Mount Vernon Cancer Centre to find out more about the LJMC services that you may find helpful.

The volunteers and healthcare professionals at the LJMC provide help, support and information in a relaxed setting to help patients cope with cancer and its treatment.

LJMC services include a range of complementary therapies, counselling, relaxation sessions and financial advice. You can drop in without an appointment or call the LJMC helpline on 020 3826 2555. More information is on the back of this leaflet.

### **If you normally pay for NHS prescriptions**

People undergoing treatment for cancer do not have to pay NHS prescription charges if they have a valid medical exemption certificate. To get an exemption certificate, ask your GP for an application form.







## What chemotherapy drugs will I receive?

The drugs used for chemoradiation to treat cancer of the oesophagus are:

- Carboplatin
- Cisplatin
- 5FU or Capecitabine
- Oxaliplatin
- Paclitaxel

You will receive a combination of these drugs. The doctor will discuss this with you.

## What are the possible side-effects?

When given separately both chemotherapy and radiotherapy have some side-effects (see the following sections). When given together it is likely that the side-effects will increase.

Please note that everyone is individual and therefore everyone reacts differently to chemoradiation.

## What are the side-effects of chemotherapy?

Chemotherapy can sometimes cause unpleasant side-effects, but it can also make you feel better by relieving the symptoms of the cancer.

You will have an appointment with a chemotherapy nurse before you start your treatment. She/he will discuss these side-effects in more detail. Most people have some side-effects, but not usually all of those listed below. Many side-effects can be controlled with medicine.

### **Lowered resistance to infection**

Chemotherapy can reduce the production of white blood cells by the bone marrow, making you more prone to infection.

Night																			
PM																			
Mid PM																			
Mid Day																			
Mid AM																			
AM																			
Reason																			
Medicine and dose																			



Your specialist nurse will complete this table with you. It will help you to remember when you need to take each of your medicines. It is important to take the medicines as advised, so you feel comfortable and are able to carry on with daily activities.

Night																			
PM																			
Mid PM																			
Mid Day																			
Mid AM																			
AM																			
Reason																			
Medicine and dose																			

This effect can begin seven days after the start of your chemotherapy and it usually reaches its lowest point at 10 to 14 days. Your blood cells will then increase steadily and will have returned to normal before your next course is due.

**Bruising or bleeding**

The chemotherapy drugs can reduce the production of platelets. These help the blood to clot. Let your doctor know if you have any unexplained bruising or bleeding, such as nosebleeds, rashes on the skin or bleeding gums.

**Anaemia (low number of red blood cells)**

While having your treatment you may become anaemic. This may make you feel tired and breathless. In some cases, this may require a blood transfusion.

**Feeling sick (nausea)**

It is possible you could feel sick, or you may even be sick.

This can often be helped by taking regular anti-sickness drugs (anti-emetics), which your doctor can prescribe.

If the sickness continues let your doctor, nurse or clinic radiographer know so they can try another drug that may be more effective.

Some anti-sickness drugs can cause constipation. Tell your doctor, nurse or clinic radiographer if this is a problem.

**Mouth sores and ulcers**

The chemotherapy drugs can make your mouth sore and cause small ulcers. It is important to use a regular mouthwash and to pay attention to your oral hygiene. The nurses will advise you.

**Taste changes**

You may notice that your food tastes different. Normal tastes will usually return after your treatment finishes.

## **Diarrhoea**

You may have diarrhoea after having the chemotherapy drugs. This often starts several days after the chemotherapy.

If you are taking chemotherapy tablets at home it is important to tell your doctor if you have diarrhoea more than four to six times a day, as your treatment may need to be stopped for a short period.

## **Soreness of the hands and feet**

Soreness of the hands and soles of the feet can occur when 5FU or Capecitabine is given. It is known as palmar-plantar syndrome. Using a moisturiser may help relieve this. Please ask your chemotherapy nurse for further advice.

In severe cases, a dose reduction of the drug may be needed.

## **Temporary tingling or numbness**

If you are having Oxaliplatin you may experience some tingling or numbness in your hands, feet and throat. This can be made worse by cold temperatures. The nurse will advise you further when you come for your appointment.

## **Tiredness and feeling weak**

Many people feel very tired during and after their treatment. This is a common side-effect and it is important to allow yourself plenty of time to rest. Let family and friends help you.

## **Hair loss**

You may find that your hair may thin during treatment. This is temporary and your hair will begin to grow again once your treatment is completed.

- adding foods such as cream cheese and butter can add energy into your meals

It is a good idea to avoid spicy or acidic foods such as chilli, lemon or orange juice as they may cause soreness when you swallow. Your dietitian will advise you when you are seen in clinic.

## **What about my other medicines?**

It is usually fine for you to continue taking your current medication.

Please bring a list of all your medications with you so that your doctor can review them and check that they are ok to take while on treatment.

## **Am I allowed any alcohol during treatment?**

Usually it is quite safe for you to have a glass of alcohol, such as wine or beer (but avoid spirits), during your treatment.

There are some drugs that can interact with alcoholic drinks; your doctor will advise you about this.

## **What if I feel unwell during my treatment?**

If you have any of the following please contact one of the numbers on page 2:

- any sign of infection such as serious cough, breathlessness, raised temperature (above 38° degrees Celsius)
- bruising easily or bleeding
- inability to swallow food or fluids

## **Contraception**

You are advised not to become pregnant or to father a child while undergoing this treatment as it may harm the developing foetus.

It is important to use effective contraception during and for one year after treatment. We strongly suggest you discuss this with your doctor.

## **What about my work and leisure activities?**

Some patients find that they can manage to do some work around their treatment schedule. It is important to plan your work and activities around how you feel.

It is likely you will be able to do some work early in your treatment. But as the course progresses you may find it harder to cope as you may become more tired. This can affect your ability to concentrate and stay alert for long periods of time.

Patients should continue leisure activities. This depends on how you are feeling. You are the best judge of what you can manage.

## **Will my eating and drinking be affected?**

During your treatment you may find that you have a poor appetite. This is often due to the side effects previously mentioned. If you have any of these side effects, please discuss them with your clinic team.

Keeping your weight stable and your muscles strong can help you cope with your treatment better.

If you find you are eating less, try to increase your calorie intake by:

- eating small regular meals 5-6 times per day
- you may find it easier to eat soft or pureed foods

## **What are the less common side-effects?**

### **Ringings in your ears (tinnitus)**

Cisplatin can sometimes cause ringing in the ears and loss of ability to hear high-pitched sounds.

### **Loss of appetite**

A dietitian or specialist nurse can give you advice on how to improve your appetite, cope with eating difficulties and maintain your weight.

### **Change in kidney function**

Usually this does not cause any symptoms and the effect is generally mild. Before each treatment you will have a blood test to check your kidney function.

## **What are the side-effects of radiotherapy?**

Radiotherapy can cause side-effects such as feeling sick (nausea) and tiredness, but it is also likely to make the inside of your oesophagus (gullet) inflamed, causing short-term soreness. It is not unusual to feel worse before feeling better.

Some people can find this a very difficult time and may feel depressed for a while. These side-effects can range from mild to more troublesome.

Most patients cope well with the first few weeks of treatment, but any side-effects will build up as the treatment continues. These can carry on for about two weeks after your radiotherapy has finished. Before things begin to improve you may have the following side effects:

## **Swallowing**

Your throat will get very sore towards the end of treatment, and you may have problems swallowing for a while. If this happens, tell your doctors and nurses, as it is important you drink enough fluids and maintain an adequate diet through your treatment.

For some patients it may be necessary to insert a feeding tube into the stomach (known as a PEG or a RIG) before starting radiotherapy.

## **Heartburn and indigestion**

This can develop a week or two into treatment. It tends to happen if you are having treatment to the lower part of the oesophagus (gullet). It is advisable to avoid highly spiced and fatty foods.

## **Skin**

The skin in the treated area will be more sensitive and may become pink or red. It may also feel dry or itchy. This tends to happen a couple of weeks into treatment. It usually settles down after the treatment ends.

If it becomes a problem, the nurses and doctors looking after you will advise you to apply a mild moisturiser to the affected area.

## **What are the late effects of radiotherapy?**

### **Breathlessness**

Radiotherapy may leave the lungs with some scarring (fibrosis).

Every effort is made to minimise the radiation dose to the lungs, sometimes you may notice a slight increase in shortness of breath. If this becomes a problem, tell your doctor or nurses treating you.

## **Narrowing of the oesophagus (gullet)**

Scarring caused by radiotherapy might cause a similar change in the gullet. Sometimes a minor procedure is needed to stretch the gullet.

## **Chest or rib pain**

Rarely, radiotherapy can cause inflammation of the ribs. This can lead to thinning of the bones.

It is possible that a rib can break, this may happen after a bout of coughing or a mild injury.

## **What happens after treatment ends?**

Most symptoms that develop due to the treatment will gradually settle down. Although for many patients the tiredness can take many weeks to go away.

Your doctor will arrange to see you about six weeks after your treatment has finished.

## **Will chemoradiation affect my sex life/fertility?**

### **Libido (sexual urge or desire)**

As a result of the side-effects of chemoradiation, many patients find that their interest in sex goes down. This usually returns when the treatment has finished and the side-effects have resolved.

### **Fertility**

Your ability to become pregnant or to father a child may be affected by this treatment. It is important to discuss this with your doctor before starting treatment, if it is an issue for you.