

What to wear for your radiation treatment appointments

For your radiation treatment to be as effective as possible, your radiation Care Team will work with you at every treatment visit to make sure:

- You are in the same position on the treatment table.
- You receive the correct amount of radiation.

Sometimes what you wear can affect your treatment position. This handout provides tips to help you dress for each treatment visit.

Note about shoes:

There may be times where we will ask you to take off your shoes before you start your treatment. For example:

- if your shoes are wet, dirty, very big or bulky.
- If your treatment setup needs your shoes to be removed to keep your body in the same position during each treatment (for example, treatment in the pelvic or leg area).

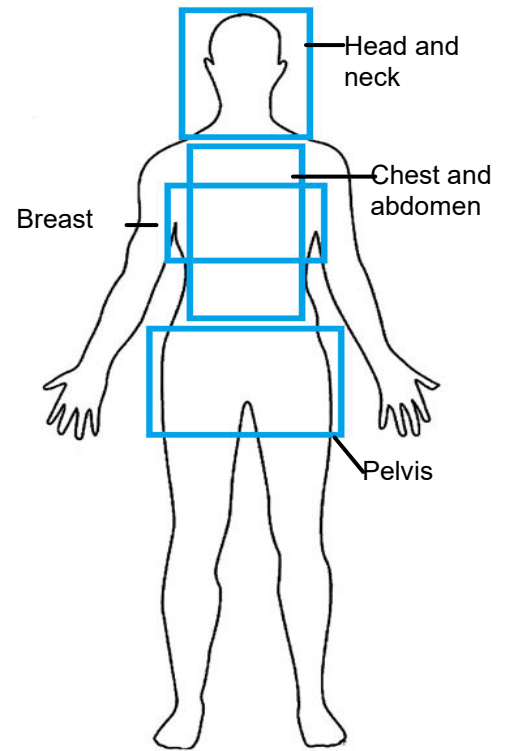


Figure 1: a drawing of the human body with the treatment areas highlighted and labelled.

Patients receiving radiation to the pelvis:

We suggest wearing sweatpants, pajama bottoms, loose-fitting pants or skirts without metal parts. Your pants or skirts will need to be lowered or moved away from the treatment site during the treatment. We will cover your pelvic area with a sheet. If you wear pants with metal parts (e.g. jeans) we will lower the jeans to mid-thigh or lower. All belts will need to be removed.

Patients receiving radiation to the chest and abdomen:

We suggest wearing a loose shirt (with no metal or buttons) that can be lifted up easily during treatment. A loose-fitting t-shirt is a great option. If you do not have a loose-fitting shirt, we will ask you to change into a gown. Please remove all bras (including non-metal bras and sports bras) in the changeroom before your radiation treatment.

Patients receiving radiation to the breast (chest):

We will ask you to change into a gown. Please remove all bras (including non-metal bras and sports bras) in the changeroom before you change into a gown. We will cover your chest area with a sheet. For those who wear a head covering, please read the section “Patients who wear a head covering” below.

Patients receiving radiation to the head, neck, and brain:

For patients receiving radiation in the head, neck, and brain area, you will likely need to wear a custom-made mask that covers your head, neck and top part of your shoulders. Please see Figure 2 for an example of this type of mask. We suggest wearing a shirt (such as a t-shirt or a button-down shirt) which you can take off easily when you are inside the treatment room. If you do not have this type of shirt we will ask you to wear a gown. For those who wear a head covering, please read the section “Patients who wear a head covering” below.

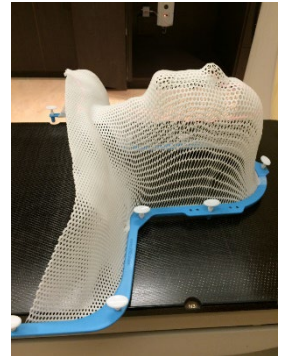


Figure 2: a photo of a head and neck mask.

Patients who wear a head covering:

If you wear a head covering such as a wig, hat, scarf, toque, turban or hijab, we may need to adjust the position of the head covering or discuss removing it during CT Simulation (mapping) and treatment. This is needed to ensure that you are in the same position at each treatment visit.

Your radiation therapist will discuss the options with you at your CT Simulation appointment. If you have concerns about removing your head covering during treatment, please speak to your Care Team. We will do our best to respect your personal, religious, and spiritual needs.

Helpful tips:

- Please change into your clothes or gown for treatment **before** you enter the treatment waiting room. This will make your treatment appointment go more smoothly. There are lockers and changerooms in the treatment area. Gowns are inside the changerooms.
- No metal parts can be in the treatment area. This includes zippers, buttons, body piercings, earrings, jewellery, and medical devices. Please leave your valuables and jewellery preferably at home or use a locker. If you have a medical device in the treatment area which cannot be removed, please talk to your Radiation Care Team.