

Patient Education Pathway: Radiation Therapy for Gastrointestinal Cancer

Patient Education/Resource To Be Delivered	When Is It Delivered	Who Delivers It
<p>Send the 'radiation treatment' smart phrase template to the patient's MyChart account using EPIC in-basket (Send email template as an alternate for patient's without MyChart).</p> <p>Content includes:</p> <ul style="list-style-type: none"> The link to the Your Guide to the Durham Regional Cancer Centre (DRCC) booklet. Provide paper copy when patient next seen in person. Links to the radiation therapy teaching videos. <p>The link to the Radiation Therapy – A Guide for People with Cancer booklet (Canadian Cancer Society) is included in these templates as an FYI only.</p>	At consult	DRCC nurse
Your First Visit to the DRCC handout	If first consult appears at a partner site location	RO/nurse
Anal Canal		
Your Planning CT Scan with Oral Contrast handout (if RO requests oral contrast).	At initial consult	RO/nurse
Bladder and Bowel Preparation for Radiation Therapy handout (full bladder required for both CT simulation and treatments).	At initial consult	RO/nurse
Esophageal		
Your Planning CT Scan with IV Contrast handout (if RO requests IV contrast).	At initial consult	RO/nurse
Gallbladder		
Your Planning CT Scan with Oral Contrast handout (if RO requests oral contrast).	At initial consult	RO/nurse

SBRT Liver (Hepatocellular Carcinoma) When IV contrast requested, patient is to follow preparation instructions in SBRT Abdomen handout as these incorporate the special eating instructions and preparation for IV contrast (do not provide patient with 'Your Planning CT Scan with IV Contrast' handout or 'Special Eating Instructions').		
Stereotactic Body Radiation Therapy (SBRT) to Your Abdomen handout.	At initial consult	RO/nurse
SBRT Pancreas (localized unresectable adenocarcinomas) When IV contrast requested, patient is to follow preparation instructions in SBRT to Your Abdomen handout as these incorporate the special eating instructions and preparation for IV contrast (do not provide patient with 'Your Planning CT Scan with IV Contrast' handout or 'Special Eating Instructions').		
SBRT to the Abdomen	At initial consult	RO/nurse
Rectal– No additional instructions required		
Stomach Cancer		
Your Planning CT Scan with IV Contrast handout (if RO requests IV contrast).	At initial consult	RO/nurse
Your Planning CT Scan with Oral Contrast handout (if RO requests oral contrast).	At initial consult	RO/nurse
Special Eating Instructions handout (required for both CT simulation and Treatments).	At initial consult	RO/nurse
All Sites		
Review any preparation instructions (as applicable).	Phone call day prior to CT Simulation	radiation therapist
Radiation Therapy to the Pelvis OR Radiation Therapy to the Abdomen handout as appropriate.	CT Simulation	radiation therapist
Sitz Bath Instructions for Home handout (as required).	Treatment	radiation therapist /nurse
Managing Heartburn/GERD handout (as required).	Treatment	radiation therapist/ nurse

Anal Canal and Rectal*		
*For rectal cancer vaginal dilator is per RO discretion based on treatment field location.		
<u>Using a Vaginal Dilator</u> handout	When finishing external beam radiation treatments/at first follow up	RO/nurse

Last reviewed: December 2024