

Self-Care after Completion of Prostate Radiation

Diet and self-care

- If you made diet changes for your radiation treatments, you can go back to your normal diet after treatment is done.
- If you started taking laxatives and/or stool softeners during radiation, you can stop taking those medicines once your radiation is done.
- Fatigue is when you feel weak, worn out, tired or slow. It is a common side effect that should get better within a few weeks of completing radiation. Keep exercising as you normally would since exercise helps lessen fatigue.

Follow-up care

A follow-up visit with a radiation team member will be scheduled for you. Your doctor may also order blood work, such as PSA or testosterone levels, that need to be done before your visit.

Sexual concerns

- It is common to have dark semen or blood in your semen. This should go away over time. You may also have an ejaculation with little or no sperm.
- Radiation can harm sperm and cause birth defects. If you have sex with someone who can get pregnant, use birth control during and for 12 months after your radiation treatment is done.

Resources and support

Once cancer treatment is done, it's normal to have different feelings. You may be relieved and glad it's over. You may also feel unsure or worried about what comes next. It can take time to recover, adjust and find out what's normal for you now. If you need help or support, please talk with a member of your cancer care team. You may also find these resources helpful:

**Facing Forward:
Life after Cancer Treatment**
from the National Cancer Institute



**Nutrition and Physical Activity
after Cancer Treatment**
from the American Cancer Society



For a copy of these books, call our patient education office at 216-844-5432. To view online, visit www.uhhospitals.org/seidmaneducation and scroll to the Support section or scan the QR codes.

Reasons to call your radiation doctor or nurse



- Burning when you pee or trouble peeing
- Blood in your pee or bowel movements (poop)
- Side effects that do not get better such as diarrhea, rectal irritation, or frequent peeing
- Fatigue that is so bad that you cannot do your normal activities like getting dressed, bathing or making meals
- Questions or concerns related to your radiation treatment

If you have a medical emergency, call 911.

This info is a general resource. It is not meant to replace your doctor's advice. Ask your doctor or health care team any questions. Always follow their instructions.