

PATIENT INFORMATION

UPMC San Pietro FBF Advanced Radiotherapy Center proudly serves our community ensuring top standards of patient care, diagnosis, and treatment with state-of-the-art technology and clinical therapies.

The day of the simulation

The day of the simulation please arrive at the Center 15 minutes before your scheduled appointment (unless you are asked to do otherwise) and expect your visit to take 1-2 hours approximately. Remember to wear clothes that are comfortable and easy to remove. When you arrive please report to the reception desk. We may need to place pen marks on your skin to indicate the area to be treated.

A radiotherapy technician will escort you to the simulation room to target or localize the volume to be treated. Please bring an ID with you. Photos of you will be taken for inclusion in your medical record.

You will be positioned on a treatment couch in a position you will be asked to maintain throughout the treatment. Inform the technician if you suffer from claustrophobia. Devices such as head masks or body molds may be used to help you keep the same position during at each session.

Once you are correctly positioned, images will be acquired and used to plan your treatment. If necessary, three small indelible signs will be tattooed to help the correct positioning during the radiation therapy. During simulation photographs will be taken of you in the selected position.

At the end of the simulation you will be given a tentative date to start your therapy. You will later be contacted to schedule an appointment for your first session. During this period, which should take no longer than two weeks, a customized treatment will be planned for you.

Treatment planning/validation

All information collected during the simulation will be sent to the medical physicist for review.

Physicists work closely with radiation oncologists to prepare your treatment plan.

The treatment plan will be included in your medical record to always be accessed by the radiation oncologist. The treatment plan is verified and simulated on the device used for therapy. Once the validation is completed, you will be contacted to schedule your daily appointments.



Beginning your therapy

On the first day of treatment please arrive at the Center 15 minutes before your scheduled appointment (unless you are asked to do otherwise) and expect your visit to take no less than one hour. Remember to wear clothes that are comfortable and easy to remove. When you arrive please report to the reception desk. You will be escorted to a changing room or visiting room. You will be asked to state your name and date of birth, which shall be checked against the information we have in our database. This is done at each session throughout your therapy to make sure patient and treatment correspond. The technician will explain the procedure and answer any question you may have on the treatment.

You will be positioned on a treatment couch in a position you will be asked to maintain throughout the treatment. Two- or three-dimensional images will be acquired to check that your position is correct, after which the treatment will start.

During the session try to breathe normally and to remain as still as possible.

If necessary, you may communicate with the technician using an intercom and a CCTV system.

The linear accelerator will rotate around you without ever touching you.

At the end of the procedure the radiotherapy technician will take you to the changing room.

Daily treatment

Please arrive at the Center 15 minutes before your scheduled appointment (unless you are asked to do otherwise) and expect your visit to take no less than 30-45 minutes. Remember to wear clothes that are comfortable and easy to remove. When you arrive please report to the reception desk.

You will be escorted to a changing room or visiting room. You will be asked to state your name and date of birth. The daily treatment will be performed like on the first day. You may go home immediately after treatment.

During your first week of treatment your doctor will teach you how to manage possible side effects.

You will meet your doctor once a week to discuss your progress. If you experience any problem or need an additional consult, ask your technician who will notify the doctor. Physicians are always available also outside scheduled visiting days.

Doctors and technicians will answer all your questions throughout your treatment.



Follow-up

The last day of your treatment a follow-up consult will be scheduled. The radiation oncologist will tell you what is required for your follow-up. You may contact the Center at any moment. If necessary, an appointment for a medical consult will be scheduled.

In case of emergency call the number your doctor gave you on your first visit or, in serious cases, refer to the nearest emergency room.

Quality & Safety

- **SAFETY:** Devices are checked on a daily basis before use.
- **TREATMENT VERIFICATION:** All parameters of your treatment plan are assessed and verified.
- **IMAGE VERIFICATION:** All X-rays/images acquired during treatment are assessed by a doctor to verify the appropriateness the therapy.
- **QUALITY:** Our radiology team meets once a week for the entire duration of the treatment to discuss your therapy. This is an important process for continuous quality improvement of our organization and our Center.
- **DEVICE VERIFICATION:** The medical physicist constantly monitors all parameters and functions of the devices available in the Center.

General information for the treatment

Radiation therapy sessions take place Monday through Friday according to your doctor's schedule. We will do our best to respect scheduled times. We may however experience some delays that could require rescheduling your sessions.

During your treatment you will meet the doctor at least once a week. The radiotherapy technician will be with you at every session. If you experience any kind of problem after your treatment, contact us immediately to schedule an appointment with your doctor.

Patients often ask if they are radioactive or dangerous for other people after the treatment. Radiation therapy leaves no residual radioactivity and patients may continue their regular family life as usual and be in contact with friends, children and pregnant women.



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Every day before treatment, the radiotherapy technician will acquire images that the doctor will compare with those acquired during your simulation to make sure that your positioning is correct.

For further information, please contact UPMC San Pietro FBF:

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- info@upmcsanpietro.it

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