

Radiotherapy Sexual Care Clinic

Radiotherapy in addition to hormone treatments and surgery following a cancer diagnosis can all have an impact on how you feel about your body and affect your feelings towards sex and intimate relationships. If this is something that you are experiencing or are worried about, you may benefit from an appointment with our Radiotherapy Sexual Care Team. This leaflet explains what you can expect from these clinics.

What is the Radiotherapy Sexual Care Clinic?

The Radiotherapy Sexual Care Clinic is a confidential service, run by trained Therapeutic Radiographers, which offers a safe space to talk about any changes in your feelings towards sex and intimate relationships since receiving radiotherapy treatment. During your appointment you will be provided with the opportunity to explore what these changes mean to you and what you hope to gain from the session. We will then work together to look for solutions. In some instances we may recommend that you are referred on to a Psychosexual Therapist or another expert who can help you with a specific problem.

How do I make an appointment?

You can self-refer into this clinic or find out more information by contacting the team either via telephone or email. Please ensure you leave your name, date of birth and a contact telephone number.

Telephone: 0118 322 8869 (Monday-Thursday 8.30am-16.30pm).

Email: sexualcareafterrt@royalberkshire.nhs.uk

Alternatively you can ask your GP, Oncology consultant, clinical nurse specialist or review radiographer to refer you.

Can I bring my partner to the appointment?

If you have a partner, these changes may also have affected them. It can be beneficial for your partner to come with you to your appointment. However, you may wish to come on your own.

What happens after you receive my referral?

We will call you within two weeks of receiving your referral to arrange an appointment. We aim to book all appointments within one month of referral. These appointments are preferably booked at the Royal Berkshire Hospital site in Reading; however, they can be booked at the Royal Berkshire Bracknell Healthspace, upon request.

What do I do when I arrive for my appointment?

Please follow signs to Radiotherapy Treatment Units within the Radiotherapy Department in the Berkshire Cancer Centre. Once you reach the waiting room please check in.

What happens during my appointment?

During your appointment we will discuss the impact your diagnosis and treatment has had on your feelings towards sex and intimate relationships. We will also discuss what you hope to achieve from the session. This will be different for everyone. Through discussion together we will then work towards finding some solutions. Although we aim to address all concerns within this first one hour session, this is not always possible. If this is the case we will book you in for a follow up appointment. In some instances it may be beneficial for you to be referred on to another expert who can help with specific problems. If this is the case we can organise this for you, after obtaining your permission.

Further information

Macmillan Cancer Support Tel: 0808 808 0000 www.macmillan.org.uk

Hospital Patient Advice and Liaison Service (PALS) Tel: 0118 322 8338 or email PALS@royalberkshire.nhs.uk

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Lisa Revans: Advanced Practice Radiographer, December 2021.

Next review due: December 2023