



PATIENT EDUCATION

Late toxicity after pancreas and upper-abdominal radiation

A plain-language guide for patients and families. Bring this to your visit. It does not replace advice from your clinician.

Why late effects can appear

Stomach, bowel, bile ducts, and remaining pancreas can scar. Enzyme need and diabetes can show up or worsen months later — from the cancer, from surgery, or from the field. Ulcers and rare bleeding can appear in the old high-dose region. This list helps you name the problem at a visit.

What this sheet is for

Share it with GI, endocrinology, and oncology. Weight that will not hold is a reason to recheck enzymes and sugars, not a reason to eat less.

Confirm with your care team. Black stool, vomiting blood, or fever with yellow eyes is urgent. Confirm enzyme dose, diabetes follow-up, and scan intervals with your care team.

Who usually follows you

- Medical and radiation oncology with imaging as written.
- GI for enzymes, stents, and ulcers. Endocrinology for diabetes.
- Nutrition until weight is stable.



Monitor for (named conditions)

- **Exocrine pancreatic insufficiency** — oily stool, gas, cramping, or weight loss.
- **Diabetes or worse glucose control.**
- **Gastric or duodenal ulcer and GI bleeding** — black stool, coffee-ground vomit, or dizziness.
- **Biliary stricture or recurrent cholangitis** — jaundice, fever, pale stool, dark urine.
- **Gastric outlet or bowel stricture** — vomiting old food, no stool, or a hard belly.
- **Chronic radiation enteritis** — lasting diarrhea or night stool.
- **Liver-function change** if a large liver volume was treated.
- **Secondary malignancy** (uncommon) in the old field.

Usual surveillance cadence (your letter wins)

- Cancer scans on the interval they wrote.
- Ask about enzyme refill and A1C or home sugars at each visit if eating has changed.
- Endoscopy if bleeding or food sticking starts — not a guess from this sheet.

When to call

- Clinic: oily diarrhea, sugars that swing, or food that sits for hours.
- ER or 911: fever with jaundice, vomiting blood, or a hard swollen belly.

How to schedule or learn more

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