



**PATIENT EDUCATION**

## **Fatigue during radiation therapy**

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

### **What is treatment fatigue?**

Fatigue is a deep tiredness that rest does not always fix right away. During radiation it is common. It is not laziness, and it is not a sign that treatment is “failing.” Your body is doing extra repair work. Energy can dip mid-course and for a short time after the last session.

### **What you may notice**

- Needing naps or going to bed earlier than usual
- A heavy feeling in the legs or a foggy head after a few treatments
- Less interest in chores or social plans — not depression by itself, but worth mentioning
- Good days and low days in the same week

### **How radiation care relates**

Radiation itself is painless. Fatigue comes from the healing response, travel to daily visits, other medicines, low blood counts, poor sleep, or not eating enough. Chest, brain, abdomen, and long courses tend to tire people more than a short skin course — but anyone can feel it.

**Where CureRays may fit.** Your team will ask about energy at weekly checks. Tell us if tiredness is sudden, severe, or paired with fever, chest pain, or fainting. We can look for treatable causes and adjust the support plan. Confirm every change with your clinician.

### **What you can expect**

- Most people can keep light daily routines with pacing
- Energy often improves in the weeks after the course ends
- Exercise that your team approves — even short walks — often helps more than full rest
- You will not be “casted” or confined; this is outpatient care



### Practical tips

- **Pace.** Do the most important task when you feel strongest. Sit for parts of chores.
- **Sleep.** Keep a regular bedtime. Short naps (20–30 minutes) beat long daytime sleep.
- **Fuel.** Eat something with protein at each meal. Drink water unless you are on a fluid limit.
- **Move.** A daily walk, if safe, often lifts energy more than staying in bed all day.
- **Ask for help.** Let family handle driving or cooking on low days. This is temporary.

### When to call the clinic

- Fatigue so sudden you cannot get out of a chair, or you faint or nearly faint
- Fever, shaking chills, new chest pain, or trouble breathing
- Yellow skin, black stools, or vomiting blood
- Sadness or hopelessness that does not lift — we can connect you to support

### Questions to ask

- Is my fatigue typical for this treatment area and week of care?
- Should we check blood counts or medicines that might be adding to it?
- What activity is safe for me this week?
- When should I expect energy to turn the corner after the last session?

### How to schedule or learn more

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