

# Proton Therapy Treatment



## Thank you

We are honored that you have trusted us to provide for your child's care. During this course of treatment we will work with you to make you and your child feel safe and comfortable. This guide provides some general information about what to expect with proton therapy and the treatment process. We understand that this process can be stressful for you and your child, which is why we want you to know that the well-being of your child is our highest priority. We are here to help you every step of the way!

## What to expect

- **Consult Appointment:** Once insurance authorization is confirmed, we will schedule your initial consultation appointment. This may take place at the Proton Therapy Center, Rady Children's Hospital-San Diego, or another medical facility. It will be with an oncologist and radiation oncologist. You will be able to discuss questions and concerns about proton therapy.
- **CT Simulation:** You and your child will come to Proton Therapy Center to fill out paperwork and sign consent forms. You will receive a tour of the facility and your child will have a computed tomography (CT) scan on the area that will be treated. This scan will enable our team to make an individual treatment plan for your child. Since proton is precise to the millimeter, our team will create an immobilization device that will help your child stay still when the treatment is delivered. The immobilization device can be a mask or a back body mold.
- **Proton Treatment:** Once the treatment plan is complete and verified then our nurses will call you to schedule your first treatment date. We ask that you plan to arrive 20 minutes before your first scheduled appointment to review any remaining questions and to settle in for the treatment.

## Your Team

Your child's care team is made up of people who work behind the scenes and those that provide direct care. Your child's direct care team will include a Radiation Oncologist, Nurses, Radiation Therapists, and an Anesthesiologist, if your child is sedated during treatment. We look forward to getting to know you and your child to provide the best care possible!

## What a Typical Day Looks Like

- Arrive at the Proton Therapy Center 20 minutes prior to your appointment to prepare for treatment. We will try to keep the same appointment time each day if possible.
- A Nurse will take vital signs (temperature, blood pressure, heart rate, etc.), flush your child's central line if applicable, and review care questions with patient and family.
- Proton treatment in the gantry lasts approximately 15-20 minutes.
- If your child does not require sedation during treatment then you can leave once treatment is complete. Otherwise if your child does require sedation for treatment your child will spend some time in our recovery room before resuming daily activities.

## Helpful Hints For Your Child's Care

- If your child has a central line, then remember to bathe daily or use bath wipes the nurses provide to ensure the skin is clean.
- NPO (nothing to eat or drink): no solids 6 hours prior to sedation, no clear liquids 3 hours prior to sedation.
- If you are running late, please call the Proton Therapy Center to let us know so we can adjust accordingly.
- If your child has a Port-a-cath then please place prescribed lidocaine cream prior to arrival at the Proton Therapy Center on days he/she will be accessed.
- If your child requires sedation during treatment, please feel free to bring some of your child's favorite snacks or drinks for after treatment.

- It is important to protect the area of radiation with clothing or a hat, especially if your child will be in the sun.

- While your child is in the treatment room, you will wait in our waiting area or sit outside in our patio area. The waiting area has a television, magazines, puzzles, and a playroom for other siblings to enjoy.

- There is no photography permitted during any of the treatments.

## Proton Therapy Glossary

**CT Simulation-** A step in creating the treatment plan for your child. This visit will include a computer tomography (CT) scan that will help our team create a precise plan for your child. This visit is typically approximately two hours.

**Gantry (Treatment Room) -** Where your child will receive Proton Therapy. During this time no one is allowed in the room while radiation is being delivered. We can see and hear the patient via a camera and viewing window.

**Fractions-** The number of treatment days your child will be scheduled to complete.

**Treatment Plan-** A precise outline of where your child will receive Proton Therapy down to the millimeter. This plan is created based on the CT simulation scan.

**On-Treatment Visit (OTV)-** A weekly visit with a Radiation Oncologist at California Protons Center while your child is undergoing treatment.

## Important Information

**Rady Children's Proton Therapy Main Line  
(858) 549-7412**

9730 Summers Ridge Rd, San Diego, CA 92121

Hours are from 7:00AM-4:00PM Monday-Friday

*If we do not pick up please leave a message and we will return your call as soon as we are able.*