

# Getting Ready for your Planning Scan



PMH

## For Patients Receiving Radiation Therapy to the Pelvis for Gynecological Cancer

You will need to have an **empty rectum** and a **full bladder** for each treatment.

Please follow these instructions:

### Bowel Preparation:

- On the third night before your planning scan appointment, start taking 2 tablespoons of Milk of Magnesia at bedtime. Do the same on the second night and the night before your planning scan appointment. (For example, if your planning scan appointment is on Thursday, take 2 tablespoons of Milk of Magnesia on Monday, Tuesday, and Wednesday evening.) This will make sure that you have a bowel movement in the morning before your planning scan appointment.
- Continue to eat regular meals throughout each day.

### Bladder Preparation:

- One hour before your planning scan appointment, empty your bladder and then drink 2 cups (500mls) of water, clear fluid, or juice.
- Do NOT empty your bladder after drinking. Your bladder will become full in time for your planning scan appointment.
- When your planning scan is finished, you may empty your bladder.

### Remember:

- It is important that you do not use vaginal tampons during your planning scan.
- If you have any questions regarding this pamphlet, please contact your specialized oncology nurse at phone number 416-946-4501 ext 2220.

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**Author: Radiation Medicine Program**

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