

How to Prepare your Rectum & Bladder for Radiation Treatment



PMH

Instructions for Prostate Cancer Patients

To ensure precise radiation treatment and to reduce possible side effects, you will need to have an **EMPTY rectum and a comfortably FULL bladder** for your CT Simulation appointment and for ALL your radiation treatment appointments.

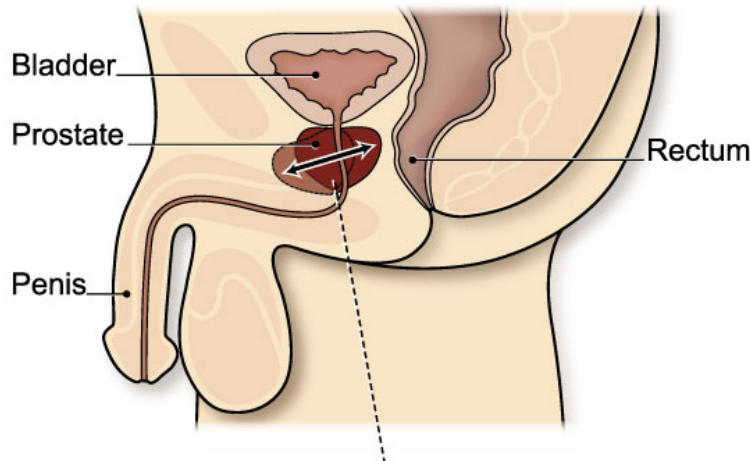


Before starting your radiation treatment, you will be scheduled for a **phone** appointment. A radiation therapist will **call** you and go over the preparation instructions on this sheet. Have this sheet ready for your phone appointment.

Phone Appointment	Date: _____	Time: _____	
CT Simulation Appointment	Date: _____	Time: _____	(PMH, Level 1B)

Why is it important for me to be properly prepared?

Properly preparing your rectum and bladder keeps the prostate at about the same position everyday. This lets your health care team target the prostate with more accuracy during your treatment, and lowers the amount of radiation that reaches your rectum and bladder.



If you are not properly prepared, your prostate can shift its position from day to day

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What do I need to do to prepare myself before my appointments?

To prepare for your CT Simulation appointment and ALL your radiation treatment appointments follow these instructions:

How to prepare an EMPTY rectum

- 3 days before the appointment, start taking 2 tablespoonfuls of Milk of Magnesia everyday
- If your appointment is **before 2pm**, take Milk of Magnesia at bedtime (on the night before your appointment)
- If your appointment is **after 2pm**, take Milk of Magnesia at breakfast (on the day of the appointment)
- Avoid food or drink that may give you gas
- Do not skip meals

How to prepare a comfortably FULL Bladder

- 1 hour before your appointment, empty your bladder
- After voiding, drink 250 to 500ml of water (equal to 1 to 2 glasses), so that your bladder is comfortably full
- Do NOT urinate until your appointment is finished
- In case you need to empty your bladder before your appointment, please inform your radiation therapists