

Preparing for Your CT Planning Scan and Radiation Treatments

For patients getting radiation therapy to the pelvis for gynecological cancer

You will need to have a comfortably **full bladder** and an **empty rectum** for your CT planning scan and radiation treatment appointments. Please follow these instructions:

What do I need to do to have a comfortably FULL bladder?

We will give you **2** appointment times for your **CT planning scan**.

- When you arrive at the 1st appointment we will ask you to empty your bladder.
- A radiation therapist will then give you 2 cups (500 ml) of water to drink. Finish drinking the water as quickly as you can.
- Do not empty your bladder after drinking. Your bladder will become full in time for your CT planning scan (the 2nd appointment time).
- When your CT planning scan or treatment is finished, you may empty your bladder.

We will give you **1** appointment each day for your **radiation treatment** appointments.

- One hour before your appointment each day, empty your bladder and drink 2 cups (500 ml) of water, clear fluid or juice. Finish drinking the liquid as quickly as you can.
- Do not empty your bladder until after your treatment is given each day.

What do I need to do to have an EMPTY rectum?

- If you have regular bowel movements every day, you do not need to do anything differently.
- Avoid eating or drinking anything that may give you gas.
- Do not skip meals.

Talk to your radiation oncologist, oncology nurse or radiation therapists if:

- You do not have bowel movements every day.
- You always have a lot of gas.

Remember: Do not use tampons during your CT planning scan or radiation treatment.

Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition.

