

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.

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