

Preparation Checklist

Every day until your last treatment:



- ☐ Drink at least 500 mL of water
- ☐ Avoid coffee and fizzy drinks
- ☐ Try to have a bowel movement without straining

On appointment days:



- ☐ Try to have a bowel movement without straining
- ☐ 1 hour before the appointment, urinate to empty your bladder
- ☐ Drink 500 mL of water and finish the bottle within 15 minutes
- ☐ Do not urinate again before your appointment

MUHC Radiotherapy Guides

This pamphlet and other guides for cancer patients are available on the MUHC's Radiation Oncology website.



muhc.ca/radiation-oncology/resources

IMPORTANT: PLEASE READ

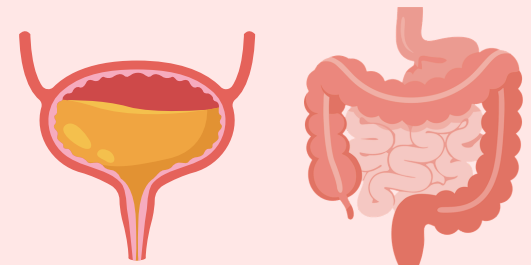
Information provided is for educational purposes. Contact a qualified healthcare practitioner if you have any questions concerning your care.

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Preparing your bladder and bowel for radiation therapy to the pelvis

Full bladder instructions



What comes next?

After the consultation appointment with your radiation oncologist, the planning coordinator will call you to schedule your CT simulation.

What is a CT simulation?

During this appointment, a CT scan (image) will be taken of your pelvic area to help plan where you will be getting radiation. You will have a CT simulation appointment before you start radiation.



What do I have to do?

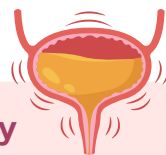
You need to **stay hydrated** — but avoid coffee and fizzy drinks.

Try to have **regular daily bowel movements**. Please do not strain or force it.

Why do I need to prepare?

Having a comfortably full bladder helps push your intestines away from the treatment area. This helps lower your risk of side effects such as diarrhea.

Having regular bowel movements helps keep your rectum the same size and can help reduce gas in the treatment area.



What is a “comfortably full” bladder?

It means that you feel the need to go urinate, but you can hold it for at least 15 minutes.

When do I follow these steps?

Start now and continue until you are done all of your radiation treatments.

Steps to follow

Every day until your last treatment:

- Throughout the day, **drink at least 500 mL of water** (about 1 standard water bottle).



The day of your CT simulation and treatment appointments:

Try to have a bowel movement before leaving home for your appointment.

1 hour before your appointment:

- Urinate to empty your bladder.
- After you finish, drink 500 mL of water. Finish the bottle within 15 minutes.
- Do not urinate again until after your appointment.**

During your CT simulation, we might do a second CT scan right after with an empty bladder, if your radiation oncologist prescribed it.