

Bowel Preparation for HDR Prostate Brachytherapy

Note: If you have kidney disease or severe heart or liver disease, do not use this preparation.

- Brachytherapy scheduled for: [date]
- Bowel Cleansing Directions 2 Days Before Your Procedure, on [date]

What do I need to know about bowel prep?

- Start this bowel cleansing preparation 2 days before your scheduled procedure.
- Plan to be near a bathroom from the time the preparation starts until the end of the evening. Your bowels may begin to move in about thirty to sixty (30 to 60) minutes.
- Feelings of nausea, bloating, stomach cramps, faintness are common and get better with time.
- The goal is for your stool to be clear or light yellow and very watery.

If you experience rectal bleeding, please contact your doctor immediately.

What supplies do I need?

You will need to buy:

- Two (2) bisacodyl tablets, which are available at any pharmacy. No prescription needed.
- One (1) 238g container of MiraLAX®, available at any pharmacy. No prescription needed.
- Two (2) 32 oz. bottles of Gatorade®.
- Two (2) Fleet Enemas.

How do I do the bowel prep?

2 Days before the procedure:

1. At 12 noon, take two (2) bisacodyl tablets by mouth with a glass of water. Swallow whole, do not split, crush, or chew.
 - a. Do not take within one (1) hour of taking an antacid, drinking or eating dairy products.
 - b. The first bowel movement should occur one to six (1-6) hours after taking the tablets.
2. Drink clear liquids only. Do not eat solid food, this includes chewing gum or sucking candy.
3. At 3pm, after you have taken the bisacodyl tablets, mix one-half of a 238-gram (3/4 cup) bottle of MiraLAX® powder into 32 ounces of Gatorade. Drink this over one to two (1-2) hours.
4. At 5pm, mix the remaining half bottle of MiraLAX® powder in 32 ounces of Cold Gatorade. Drink this over one to two (1-2) hours.
5. Drink clear liquids between doses of laxative to avoid dehydration.

One Day before the procedure:

1. Continue to drink clear liquids only.
2. At 9pm, Use a Fleet enema. Your stools should become watery and clear or light yellow.
3. Do not eat or drink after Midnight.

On the morning of your procedure:

If you continue to pass stool, use one Fleet Enema before arriving at the hospital for your procedure.

Clear liquids include:

- Water
- Black coffee or tea (without cream or creamers)
- Apple juice, cranberry juice, or white grape juice

- Soda pop (including cola, 7-up®, Sprite®, ginger ale)
- Chicken, Beef, Vegetable clear broth
- Powdered drinks (Kool Aid® or Crystal Lite®)
- Jello and Popsicles

What is the contact information for the Radiation Oncology Clinic?

- Monday to Friday 8am to 5pm
 - Call (734) 936 4300
- Evenings, Weekends, Holidays
- Call (734) 936 6267 and ask for the Radiation Oncology Resident on call.

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