CT Simulation

What preparation is required for my CT Simulation?

1. Have a bowel movement either the night before or the morning of your CT Simulation. Do an enema if you are unable to have a bowel movement, have a history of constipation or are currently constipated. To view instructions for doing an enema visit [http://careguides.med.umich.edu](http://careguides.med.umich.edu) and type “tap water enema” into the search box.

2. You will need to arrive 1 hour and 15 minutes before your CT simulation.
   - When you arrive, empty your bladder and have a bowel movement.
   - You will then need to drink 20 ounces of water. You will need to finish drinking the water an hour before your CT simulation to avoid delays.
     - For example, if your CT simulation is scheduled for 9:00am, arrive by 7:45am, empty your bladder and drink 20 oz. of water by 8:00am.

MRI Simulation (If prescribed by your doctor)

What preparation is required for my CT Simulation?

1. Have a bowel movement either the night before or the morning of your MRI Simulation. Do an enema if you are unable to have a bowel movement, have a history of constipation or are currently constipated.

2. You will need to arrive 45 minutes before your MRI simulation
   - When you arrive, empty your bladder and have a bowel movement.
   - You will then need to drink 20 ounces of water. You will need to finish drinking the water 30 minutes before your MRI simulation to avoid delays.
For example, if your MRI simulation is scheduled for 9:00am, arrive by 8:15am, empty your bladder and drink 20 oz. of water by 8:30am.

Fractionated Prostate Radiation Treatments

What preparation is required for my Radiation Treatments?

1. 1 hour and 15 minutes before your radiation treatment time:
   - Empty your bladder and have a bowel movement.
   - You will then need to drink 20 ounces of water. You will need to finish drinking the water 1 hour before your radiation treatment to avoid delays.
   - For example, if your radiation treatment is scheduled for 9:00am, at 7:45am empty your bladder and drink 20 oz. of water by 8:00am.
   - Do not drink any additional fluids or void your bladder until your treatment is complete.

Why is it important to empty my bladder and have a bowel movement?

Your bladder and rectum (the lower part of your large intestine ending at the anus) are very close to your prostate, so they can change the position of your prostate. By emptying your bladder and having a bowel movement the same way for each of your simulations and daily radiation treatments, it will allow us to safely deliver your radiation therapy as well as reduce potential side effects.

Sexual health appointment

Some men may experience sexual side effects after radiation. In order to address this, we can schedule an appointment with you to talk about possible penile shrinkage, erectile dysfunction and lessening of sexual desire. Our department highly encourages you to bring your sexual partner to this confidential one-on-one appointment. Sexual Health Clinic appointments are
the first and third Friday of each month. Your sexual health appointment may be scheduled anytime from your CT scan simulation to 6 months after your last radiation treatment.

**Who do I contact if I have questions?**

If you have any questions, contact Radiation Oncology Nursing at (734) 936 4300.