

# Bladder and Bowel Preparation for Prostate Radiation

## **Why is it important to have an empty rectum and full bladder?**

Your bladder and rectum are very close to your prostate, so they can change the position of your prostate. By keeping these organs the same size for your simulation and daily radiation treatments, your radiation therapy will be more accurate. This will also help to reduce some of the side effects from your radiation therapy.

## **Please follow the instructions below on the day of your simulation, and each day of your radiation treatments:**

Please ensure you are well hydrated a few days prior to simulation and also during your course of treatment (i.e. during the weeks you are receiving your radiation treatment.) Please drink at least 6 cups of water per day, or more if sweating significantly.

## **You can maintain a full bladder for simulation and treatment by:**

- One hour before your simulation/treatment time you should first urinate, and then drink 20 ounces (two and a half cups) of water. For example, if your simulation/treatment is scheduled for 10:00am, you should urinate at 8:45am, and then drink 20 ounces of water between 8:45am and 9:00am. **It is important that you complete drinking the 20 ounces of water 1 hour before your simulation/treatment to avoid delays. Do not drink more than 20 ounces at this time.**

- Do not urinate again until after simulation/treatment.
- If you are unable to hold the urine for that full hour, please let your nurses know.

You can maintain an empty rectum for simulation and treatment by:

- Trying to have a bowel movement within the 4 hours before simulation and each of your radiation treatments. Try to pass any flatus 1 hour prior to simulation and each of your treatments. If you do not have a bowel movement everyday please talk with the nurses.

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

I confirm I have received and understand the above instructions and have received a water bottle:

**Patient Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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