

## **Preparation for Prostate Stereotactic Body Radiation Therapy (SBRT)**

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### **One to two weeks before simulation:**

If your doctor recommended that you have Calypso markers placed, you should have received preparation instructions from the clinic. If you are unsure whether you are having this procedure, please talk with your doctor. Call the clinic at (734) 936-4300 if you have questions.

### **For Simulation and Treatment:**

#### **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.

## **Day before simulation:**

You need to have an empty bowel the day of your simulation. To have an empty bowel, follow these directions.

- At 12:00 p.m. (noon) take two Dulcolax® laxative tablets.
- Between 5:00-7:00 p.m., drink one eight-ounce glass of Miralax®/Gatorade® solution and continue drinking one eight ounce glass every 15-20 minutes until mixture is gone. (See recipe below).

Follow this Gatorade®/Miralax® recipe:

- Mix four ounces of Miralax® (about seven heaping tablespoons) into 32 ounces of *Gatorade®*, *G2®*, *Gatorade Ice®*, *Powerade®*, *Powerade Zero®* or your choice of electrolyte containing beverage. We suggest chilling the beverage a few hours before drinking it.

You will be given a prescription for Tamsulosin (Flomax®). If you do not already take this medication, take one 0.4 mg. tab before bed each night starting the day before simulation. Continue to take one 0.4 mg. tab before bed until one week after your treatments are done.

## **Day of simulation:**

- You may have a light breakfast such as toast with coffee or juice.
- You can maintain a full bladder for simulation and treatment by:  
One hour before your simulation time you should first urinate, and then drink 24 ounces (three cups) of water. For example, if your simulation is scheduled for 10:00am, you should urinate and then drink 24 ounces of water at 9:00am. **It is important that you complete drinking the 24 ounces of water one hour before your simulation to avoid delays. Do not drink more than 24 ounces at this time. If you are unable to hold the urine for this amount of time, please notify your nurses.**

## **Before each treatment:**

The goal is to continue to have an empty bowel the day of each treatment. To do so follow these directions:

- Take two Dulcolax® tabs at 12:00 p.m. (noon) the day before treatment and 17gm. (about one heaping tablespoon) of Miralax® dissolved in four to eight ounces of liquid in the evening before each treatment. If possible, try to have a bowel movement the morning before treatment.
- The goal is also to have a full bladder before each treatment. To do so: One hour before your treatment time you should first urinate, and then drink 24 ounces (three cups) of water. For example, if your treatment is scheduled for 10:00am, you should urinate and then drink 24 ounces of water at 9:00am. **It is important that you complete drinking the 24 ounces of water one hour before your treatment to avoid delays. Do not drink more than 24 ounces at this time. If you are unable to hold the urine for this amount of time, please notify your nurses.**
- Continue to take the Tamsulosin (Flomax®) before bed each night and continue for one week after treatment is done.

## **Tips:**

- Dulcolax® and Miralax® can be found at your local drugstore. Make sure you get **Dulcolax® laxative tablets**. Each tablet contains 5mg. of bisacodyl (**do not get Dulcolax® stool softener**). Generic forms of these medications are okay to use.
- Once starting the simulation preparation, you will have diarrhea, which can be quite sudden. This is normal. Continue to drink the prep as recommended.
- It is common to have some stomach pain until the stool has passed from your colon (this may take two to four hours or sometimes longer).
- Anal skin pain or hemorrhoid swelling may result. If this happens, treat with over-the-counter remedies such as baby wipes, hydrocortisone

cream or TUCKS® pads. Do not use products that have alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

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