
Preparing for Prostate Cancer Treatment

On the day of your treatment planning CT simulation and throughout your radiation treatment, it is important for you to have an empty rectum and a full bladder.

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. Your treatment will be more accurate if you keep your bladder and rectum the same size for your simulation and daily radiation treatments. It will also 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:

Stay hydrated:

- Please ensure you are well hydrated a few days prior to simulation and during your course of treatment.
- Drink at least 6 cups of water per day.

Maintain a full bladder for simulation and treatment by:

- One hour before your simulation/treatment time you should urinate, then drink 30 ounces (3 cups) of water. For example, if your simulation/treatment is scheduled for 10:00am, you should urinate at 8:45am, and then drink 30 ounces of water between 8:45am and 9:00am. It is important that you finish drinking the 30 ounces of water 1 hour before your simulation/treatment to avoid delays. Do not drink more than 30 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 the therapist know.

Maintain an empty rectum for simulation and treatment by:

- Taking your bowel aid as instructed by your doctor.
- Try to have a bowel movement the day of your simulation and each day of your radiation treatments. If you do not have a bowel movement every day, please be sure to discuss with the nurses and/or provider.

The following tips may help you maintain an empty rectum:

- Avoid cruciferous vegetables (cauliflower, cabbage, broccoli), insoluble fiber-rich fruits and vegetables, high fat meats, heavily seasoned or spiced foods.
- Drink water as your main beverage.
- Avoid sugar-sweetened beverages.
- Eat slowly and chew foods thoroughly.
- Avoid chewing gum or drinking carbonated beverages.
- Engage in daily physical activity as tolerated.