

Bladder and Bowel Preparation

One week before planning CT

Your prostate/prostate bed moves inside your body depending on how full the rectum (back passage) and bladder are. By having your bladder full and your bowels empty, normal organs such as the small bowel, rectum and bladder are as far away from areas of high radiation dose as possible. This minimises the risk of side effects.

This leaflet will provide you with instructions on how to best achieve a comfortably full bladder and an empty bowel for external beam radiotherapy treatment for prostate cancer.

Bladder Preparation

For your planning appointment **and** all of your treatment appointments we want your bladder as comfortably full as possible.

A comfortably full bladder is an individual thing and we would strongly urge you to start practicing this a week before your planning appointment. Everyone's bladder is different, some men travel a large distance to get to the radiotherapy centre and everyone has treatment at different times of the day. Practicing means you will be able to work out the timing and volume of fluid that works best for you.

If traveling some distance, it is best to bring a drink bottle with you to drink along the way. If you empty your bladder prior to your planning or treatment appointment you will be required to refill your bladder.

To achieve a comfortably full bladder try this:

3 hours prior to your appointment or as soon as you get up, if you have an early appointment

- Drink at least one cup (250mls) of water.
- You may need more water to rehydrate your body after your overnight fast.

1 hour prior to your appointment

- Empty your bladder.
- Continue to drink two cups (500mls) of water to let your bladder fill up over time.
- Maintain a comfortably full bladder until the appointment is completed.

Bowel Preparation

For your planning appointment **and** treatment appointments we want your rectum (back passage) as empty as possible.

1 week prior to planning appointment

- Start taking 1 sachet of Fybogel* each evening.
- Continue taking 1 sachet each evening until directed otherwise by staff.
- Maintain your usual diet.
- Try to empty your bowels each morning.

*Fybogel is a high-fibre supplement which helps your digestive system work more efficiently and maintains regularity. It can be bought over the counter at the chemist.