

# Preparing for your Prostate Radiotherapy

## Why do I need to prepare for my radiotherapy treatment?

For radiotherapy treatment to the pelvis, having an empty rectum and a full bladder ensures your anatomy is in the same position each day. This can help to reduce side effects.

You may find it useful to watch the following video for more information:

<https://youtu.be/n191a7V77R0>

## Before your CT planning appointment

For the week prior to your appointment, please avoid foods which you are aware give you flatulence (wind). Some examples of foods to avoid include:

- Baked beans, broccoli, cabbage, cauliflower, chickpeas, cooked dried beans, cucumber, dairy products, kidney beans, lentils, onions, radishes, spinach, soy products, sprouts, sweetcorn
- Fizzy drinks and beer
- Sugar-free food, gum and sweets, which contain sorbitol

We also advise that you increase your daily fluid intake, aiming for 1.5-2litres, ideally water or other non-caffeinated drinks. Please see the enclosed 'Drinking for a healthy bladder' sheet for more information.

We highly recommend you practice holding a comfortably full bladder. Empty your bladder, drink 350mls of water and hold it in your bladder for as long as you can. If you are struggling to hold the water for 20 minutes then please contact the Radiotherapy Department for further advice.

## At your CT planning scan appointment

A radiographer will explain the bowel and bladder preparation required for the scan when you arrive.

Your hospital consultant may prescribe a type of medication called a micro enema which helps to empty the rectum of faeces and/or wind. You will be asked to drink 350mls of water, and then wait 30 minutes before your scan.

Part of the scanning process checks how well the preparation has worked; if necessary, we may need to provide further bladder filling or rectal emptying advice and scan you at a later date.

## Preparation for each treatment

You will need to repeat the same preparation before every treatment. Please continue to follow the low flatulence diet advice and 'Drinking for a healthy bladder' information sheet throughout your treatment course.

## Further information

**Radiotherapy Department:** 01225 82 4853 (Monday – Friday 8am-3.30pm)

**Consultant Radiographer, Urology:** contacted via Radiotherapy Reception

[www.ruh.nhs.uk/patients/services/radiotherapy](http://www.ruh.nhs.uk/patients/services/radiotherapy)

**Urology Department:** 01225 82 5990

**Urology Oncology Clinical Nurse Specialists:** 01225 82 4250

**RUH Cancer information Centre:** 01225 82 4049

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath BA1 3NG  
01225 428331 [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656 / 826319