Advanced Care Oncology Center
مركز ادفانس كير لتشخيص و علاج الأورام

PELVIC RADIATION THERAPY

Empty Rectum and Full Bladder Preparation Instructions

Why Is This Preparation Important?

To ensure your radiation treatment is delivered accurately, it is important to have:

- **An empty rectum**
- **A comfortably full bladder**

These preparations help keep your internal organs in a consistent position during each treatment session, improve treatment accuracy, and reduce radiation exposure to nearby healthy tissues. This will help to reduce side effects.

Full Bladder Preparation

From the day you are seen in clinic, it is important to start:

1. Drinking 2 -3 liters of fluid per day (water or flavored water).
2. Avoid tea, coffee and carbonated drinks.



On day of CT simulation and radiation therapy appointments:

1. If you have a morning appointment, drink 1 liter of water before arriving at ACOC. If you have an afternoon appointment drink 1.5 – 2 liters of water before arriving at ACOC.
2. Empty your bladder and make your way to ACOC.
3. Once you are told to drink water, empty your bladder and bowels if possible and drink 1 bottle of water (330ml) provided to you. Drink this within 5 minutes.
4. Do not urinate until after your treatment session.
5. If you feel the urge to urinate, please speak to a member of the radiotherapy team.

Empty Rectum Preparation

From the day you are seen in clinic, it is important to start:

1. Reducing any drinks and foods which make you gassy, e.g. green leafy vegetables, beans and pulses, spicy foods, fizzy drinks
2. Follow nutritional advice given by the team
3. Regular gentle exercise/ movement to encourage bowel movements
4. Stay well hydrated – drink lots of water

On day of CT sim and radiation therapy appointments:

1. Ensure you empty your rectum before your appointments
2. If you feel gassy or constipated inform a member of the radiotherapy team
3. If you are required to use enema follow instructions provided by your team

DO:



Keep well hydrated: drink 2 – 3 liters of water per day



Gentle exercise/ movement: this will help to encourage bowel movements



Eat balanced diet/ follow nutritional advice

AVOID:



Avoid caffeinated and carbonated drinks



Avoid green leafy vegetables



Avoid beans, pulses and foods which may cause gas

Your cooperation helps ensure the best possible outcome for your treatment.