

Preparing Your Bowels and Bladder for Prostate CT Simulation and Treatments - TBCC

What is a CT simulation appointment?

This is a CT scan (image) of your pelvis that is used to plan your radiation treatment. We will call you to set a time and date for your appointment.

What do I have to do?

You need to have an empty bowel and a comfortably full bladder for your CT scan. You also need this for **all** of your radiation treatments.

Why do I need to prepare?

Having a comfortably full bladder helps move your small bowel (intestines) away from the treatment area. This will help lower your risk of side effects from the treatment like diarrhea.

Having a regular bowel movement helps keep your rectum the same size and in the same place for treatment. It also helps reduce gas in the treatment area. If your rectum is full, or gassy, you will need to have a bowel movement or pass gas before you can complete your CT scan or radiation treatments. This could mean you may need to stay longer for your appointment.

What can I do to help have an empty bowel and a full bladder?

The best thing you can do is to keep yourself hydrated. Drinking sips of water throughout the day will help. Start now and continue until you have finished all of your radiation treatments.

You will also need to have regular (daily) bowel movements. This will help you to get ready for the CT simulation, and all of your radiation treatments. It will also help to make sure that you complete your appointments in the quickest amount of time.

Follow the instructions in the “**How do I prepare for my appointments?**” section on the back of this page.

The day of your simulation appointment:

Go to the radiation therapy reception desk at your appointment time. The receptionist will show you to the CT simulator area. The CT simulator staff will speak with you about your bowel and bladder preparation. Your preparation can affect the number of scans you need.

After your appointment:

A booking clerk will call you with the date and time of your first radiation treatment appointment.

How do I prepare for my appointments?

1. For the next 7 days, keep track of your bowel movements. Circle Yes or No each day.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

2. Try to have a bowel movement every day.

If you do not have a daily bowel movement:

- Start using a laxative such as Senokot® (tablets), RestoraLAX® or Lax-A-Day® (1 cap of powder mixed in water). Speak to the pharmacist about how to use laxatives.
- You'll also need to buy Dulcolax® suppositories (stimulant laxative). You do not need a prescription for this. Your radiation therapists will tell you if you need to take it at your appointment.

3. The **morning** of your CT simulation appointment or treatment day:

- Eat breakfast as usual.
- Try to have a bowel movement.
- **Bring the Dulcolax®** suppository with you to your CT simulation appointment, and all your radiation treatment appointments.

4. **1 hour** before your appointments:

- Empty your bladder. Then drink 2 cups (500ml) of water to help re-fill your bladder.
- Do not use the bathroom to empty your bladder until **after** your appointment, unless it becomes too hard to hold.

At the end of this preparation your bowel should be empty and you should have a “comfortably” full bladder. Drink more water as needed to feel comfortably full.

Before your CT simulation appointments and throughout treatment:

- Drink sips of water throughout the day to keep hydrated.
- Avoid foods that can cause gas (like cabbage and beans).
- Read the **Managing Gas and Bloating with Nutrition During Radiation Treatment** teaching sheet for more information.