



Bladder and Bowel Preparation for Radiation Therapy

Why is it important to have an empty rectum and full bladder? Your bladder and rectum are very close to other organs in your pelvis and their size can affect their position. By keeping these organs the same size for your simulation and daily radiation treatments, your radiation therapy will be more accurate. This will also help to reduce some of the side effects of your radiation therapy.



Please follow the below instructions on the day of your simulation and each day of your radiation treatments:

You can maintain a **full bladder** for simulation and treatment by:

- 75 minutes before your simulation/treatment you should first urinate and then drink 20 ounces (2 ½ cups) of water. It is important that you complete drinking the 20 ounces of water 1 hour before your simulation/treatment to avoid delays. Do not drink more than 20 ounces at this time.
- Do not urinate again until after your simulation/treatment.
- If you are unable to hold the urine for that full hour, please let your nurse or therapist know.

You can maintain an **empty rectum** for simulation and treatment by:

- Trying to have a bowel movement within the 4 hours prior to your simulation and each of your radiation treatments. Try to pass any gas 1 hour prior to simulation and each treatment. If you do not have a bowel movement every day please talk with your nurse.