

PROSTATE CANCER: BOWEL/BLADDER PREPARATION PROCESS FOR TOMOTHERAPY

Bowel Preparation

During your simulation, your bowel must be empty of stool. You will need to do a bowel preparation for your simulation.

You will need to purchase the following supplies before your simulation:

- Psyllium (Metamucil®) powder. You can purchase it at your local pharmacy without a prescription.
- Fleet® enema. You can purchase it at your local pharmacy without a prescription.

Bladder Preparation

During your simulation & for all radiation treatments, your bladder must be full. You will need to drink enough water and/or fluids in order to fill your bladder as full as you can while making sure you are not uncomfortably full. Bladder size and the volume of fluids it can hold can vary from patient to patient.

The day of your simulation

- Drink the psyllium (Metamucil®) and water mixture.
- Do a Fleet® enema 3 hours before your simulation. Follow the instructions on the box.
- Take your usual medications.
- During the simulation, you will stay in one position for a long time. If you think this will be hard for you, take acetaminophen (Tylenol®) or your usual pain medication 1 hour before your appointment.
- Drink enough fluids to fill your bladder to a full but comfortable volume.

The day of your treatment(s)

- Drink enough fluids to fill your bladder to the same volume as you did on the day of simulation.