

Before Each Treatment

1 hour before → go to the bathroom

Next 30 min → drink your water

Don't go to the bathroom until after
your treatment

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Waterloo Wellington
Regional Cancer Program
in partnership with Cancer Care Ontario



Radiation Therapy to the Pelvis:

How to Prepare Your Bladder

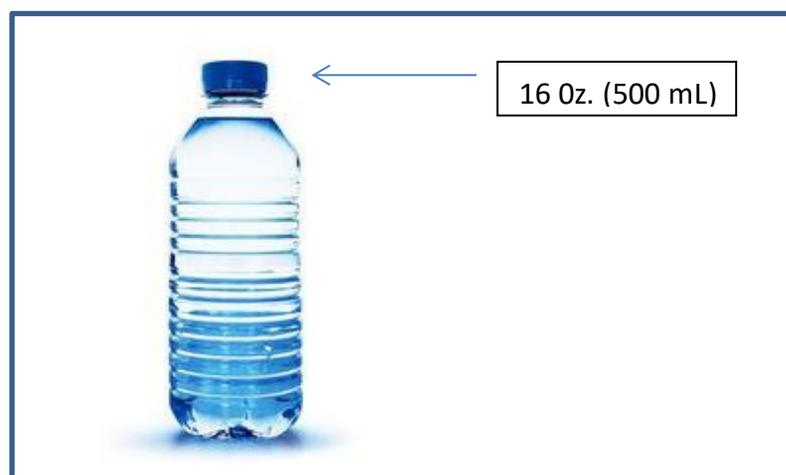
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Radiation therapy kills cancer cells and stops them from spreading to other areas in your body. You may have side effects where your body is treated with radiation. Radiation therapy to your pelvis can cause side effects to your bladder. Having a full bladder (feeling like you have to pee) will help to reduce these side effects.

Before CT Simulation Planning

You have been asked to come one hour before your CT simulation planning appointment in order to get ready for your CT scan.

- One hour before your CT scan a Radiation Therapist will meet with you to discuss what you can expect during your CT scan.
- At this time you will be asked to empty your bladder (go pee). Then drink 16 ounces (500 mL) of water.
- Please drink all of this water within the first 30 minutes.
- After you have finished drinking the water, do not pee until after your CT scan.



A picture of a typical 500mL bottle of water

Before Daily Radiation Treatment

You will need to have a full bladder each day for your radiation treatment. Prepare your bladder the same as you did for your CT scan.

- One hour before your appointment, empty your bladder and then drink 16 ounces (500 mL) of water or _____ (the same amount you had before your CT planning appointment)
- Drink all of this water within 30 minutes.
- Do not pee until after your treatment.
- The radiation therapists will make sure your bladder is the same size as when the CT scan was done. This is to ensure proper treatment.

Let your radiation team know:

- **If you do not feel like your bladder is full (do not have to pee)**