

RADIATION THERAPY TO THE PELVIS

Bladder and Bowel Preparation

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**Waterloo Wellington
Regional Cancer Program**

Ontario Health (Cancer Care Ontario)

What is Radiation Therapy

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.

When radiation treatment is to your pelvis it can result in side effects to your bladder and rectum. Having a full bladder (feeling like you have to pee) and an empty rectum (daily poo) will help to reduce these side effects.

Before CT Stimulation Planning

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

- 1 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) and empty your rectum (go poo) if you feel you can. 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.
- You will also be asked about your bowel habits and the last time you emptied your bowels (went poo). Please try to have a bowel movement prior to coming in for you CT scan.
- If you do not have a bowel movement daily, please inform the radiation therapist at this time.

Before Each Radiation Treatment

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

- Please try to have a bowel movement before coming in for your daily treatment.
- 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)
- Please drink all of this water within the first 30 minutes.
- Do not pee until after your treatment.
- The radiation therapists will make sure your bladder and rectum are the same size as when the CT scan was done. This is to ensure proper treatment.

Before Each Treatment

1 hour before: Go to the bathroom
30 minutes before: Drink your water
Don't go to the bathroom until after your treatment

Let Your Radiation Team Know

- If you do not feel like you have to pee
- If you have not had a poo yet the day of your treatment

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Use this resource for your information only. It does not replace medical advice from your doctor or other healthcare professionals.

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