

Planning your Bladder Radiotherapy

This advice leaflet explains what you need to do before you attend your Computerised Tomography (CT) Radiotherapy Planning scan: how to prepare your bladder and bowels.

For your planning scan and treatment your rectum (back passage) needs to be empty of faeces and gas. You will need to use a micro enema to empty your rectum in order to achieve this. Your bladder also needs to be empty.

Why do I need to prepare for my planning scan?

- The bladder is as small as possible for your planning and treatment.
- The rectum stays in the same position throughout your treatment, helping reduce the short and long term side effects you may experience.

How do I prepare for my planning scan?

- During your treatment it is very important that you are well hydrated. Please increase your daily fluid intake, (ideally 1 ½ – 2 litres) but avoid excessive drinking in the evening.
- Reduce your caffeinated (tea/coffee), fizzy and alcoholic drinks. Replace with water – you may add squash if you prefer.
- You will also need to minimise the amount of faeces and gas in your bowels/rectum. It is important for you not to become constipated, but please avoid foods that cause you flatulence.

At your planning scan appointment:

- Please check in at the reception desk in A12. You will be collected by a radiographer who will discuss your preparation for the scan and supply you with your enemas.
- There are toilets in the waiting area you can use for your preparation.

- Snap the top off the supplied enema & squeeze out a small amount of the liquid and lubricate the tip of the enemas nozzle. Insert the narrow part of the tube into the back passage and squeeze out the full contents of the enema tube.
- Please dispose of the enema in the clinical waste bin (orange bag) or sanitary bin, and then wash your hands.
- Return to the waiting area. When you feel the urge (or if the enema has not worked after 20 minutes) please go to the toilet and attempt to empty your rectum and bladder. If you are unable to achieve this, please let the Radiotherapy reception staff know and they will inform a radiographer.

Please do not drink any more fluid until your planning scan has been completed. (You will be asked to empty your bladder again just before your scan)

You will need to arrive early for your treatment appointments as you will need to repeat this process for ALL of your treatments.

Radiotherapy department contact details

Telephone: 01225 824853 Monday-Friday 8am-3:30pm

Website: www.ruh.nhs.uk/patients/services/radiotherapy

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.