

Planning Your Bowel/Rectum 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.

For your planning scan and treatment your bladder needs to be comfortably full

Why do I need to prepare for my planning scan?

- The bladder 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.
- In the week prior to your scan, we recommend that you practice holding a comfortably full bladder once a day. Empty your bladder and drink 3 cups (350ml) of water over a period of 5 minutes. Then hold your bladder for an hour. **If you are unable to hold your bladder, Reduce the amount of water to 2 cups for an hour, if this is still unachievable then reduce the time to 45 minutes.** Gradually increase until you manage holding 3 cups for an hour.
- 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.

- Reduce your caffeinated (tea/coffee), fizzy and alcoholic drinks. Replace with water – you may add squash if you prefer.

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.
- There are toilets in the waiting area you can use for your preparation.
- Please go to the toilet and empty your bladder. If you are unable to achieve this, please let the Radiotherapy reception staff know and they will inform a radiographer.
- Wait to be asked to drink 3 cups of water over a period of 5 minutes

If you feel you need to empty your bladder again before the scan, please inform the radiographer who collects you for 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.