

# Bladder preparation for your CT Planning Scan

## Why do I need to prepare for my planning scan/radiotherapy treatment?

For some radiotherapy treatments to the pelvis area having a comfortably full bladder ensures your internal anatomy is in the same position every day. This can help reduce the short and long-term side effects that you may experience from radiotherapy.

## Bladder preparation

Before you attend for your radiotherapy-planning scan and during your course of radiotherapy it is important that you are well hydrated. We advise that you increase your daily fluid intake aiming for 1.5-2 litres, ideally water or other non-caffeinated drinks. You should also reduce your intake of fizzy and alcoholic drinks.

In the week prior to your scan, we recommend that you practice holding a comfortably full bladder.

- Empty your bladder
- Drink 350mls of water over a 5-minute period.
- Aim to hold your bladder for an hour.

*If you are unable to hold this, reduce the amount of water to 300mls, then try and hold for an hour. If this is not achievable, reduce the time to 45 minutes.*

## At your radiotherapy planning appointment/treatment appointments

For the radiotherapy planning scan and your treatments, you will be asked to empty your bladder then drink 350mls of water,

*Please inform reception or a radiographer once you have finished your water.*

Part of the planning scan/treatment process is to check how well the preparation has worked; sometimes it is necessary to repeat this before proceeding with the planning scan/treatment.

You will need to repeat this procedure before every treatment.

### Further reading

'Drinking for a healthy bladder'

### Radiotherapy department contact details

Telephone: 01225 824853

Monday-Friday 8am-3:30pm

Website: [www.ruh.nhs.uk/patients/services/radiotherapy](http://www.ruh.nhs.uk/patients/services/radiotherapy)

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