

# Planning Your Pelvic Radiotherapy (Female)

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 bladder needs to be comfortably full and your rectum (back passage) needs to be empty of faeces and gas. You will be asked to use a micro enema to empty your rectum in order to achieve this.

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

The treatment area sits close to the bladder and rectum. Following the preparation detailed in this leaflet will help ensure that:

- The area for treatment is in the same position for your planning and treatment.
- The bladder and rectum stay 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.
- 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.

## 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.
- Wait to be asked to drink 3 cups of water over a period of 5 minutes.
- Once you have finished drinking, please advise the Radiotherapy reception staff and return to the waiting room. We will usually call you within 15 minutes for your scan.
- Please do not drink any more fluid or empty your bladder until your planning scan has been completed. **If you need to empty your bladder before the scan, please inform a member of staff.**

**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](http://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](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net) or telephone 01225 825656.