

# Rectal preparation for your CT Planning Scan & Radiotherapy treatments – Using a Micro-enema

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

Having an empty rectum will ensure your internal anatomy is in the same position every day for your radiotherapy treatments. This can help reduce the short and long-term side effects that you may experience from radiotherapy.

## Rectal preparation

Your doctor has prescribed a type of medicine called a micro-enema, this helps empty the rectum of faeces and/or wind.

Before your planning scan and during your radiotherapy treatment please avoid foods which you are aware give you flatulence (wind).

*You will be given a micro-enema when you arrive for your planning appointment.*

## Why do I have to use a micro-enema?

They are easy to use hygienically and takes effect quickly in the rectum. They are designed to release water bound in the stools and loosen them up.



### **What are the ingredients in a micro-enema?**

Sodium citrate, sodium lauryl sulfoacetate and sorbitol.

### **Will I need to use a micro-enema if I have already emptied my bowels on the day of your scan?**

Yes, using the micro enema is still necessary to ensure the rectum is completely empty of faeces and gas.

### **What will happen if the micro-enema does not work?**

Sometimes the micro-enemas do not work, this may be due to there being no faeces &/or gas in the rectum. However, you will still be required to use one every day for your radiotherapy as there may be faeces or gas on these days.

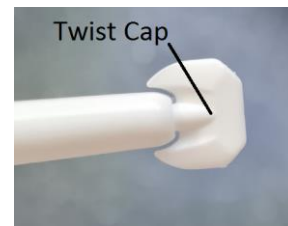
*Sometimes additional/other medication is required. If this is needed this will be discussed with you.*

### **Will it hurt?**

Using a Micro-enema should be painless. Sometimes people experience some tenderness/soreness when they insert the Micro-enema, if this happens speak to a radiographer.

### **What will happen if I cannot administer the micro-enema myself?**

Other medication will be considered and discussed with you.



## Using a Micro-enema

- Wash your hands
- Twist and snap off the lid
- Squeeze a little of the contents out to use as lubrication
- Insert the narrow part of the Micro-enema into your rectum (back passage)
- Squeeze the contents into your rectum
- Remove the Micro-enema (ensure you continue to squeeze the tube until it is fully removed)
- Dispose of the empty tube in a bin with an orange or yellow bag
- Wash your hands

After using the medication most patients find they need to have a bowel movement within 20 minutes and usually only have to visit the toilet once.

*If there has been no effect within 30 minutes, we ask that you go to the toilet to see if you can open your bowels. Please empty your bladder at this time. Please do not strain to go to the toilet; it may be that only wind is passed.*

Please inform reception or a radiographer once you have emptied your bowels and they will tell you what to do next.

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. A prescription for the rest of your Micro-enemas will be available for you to collect after your planning scan has been completed. Please bring one with you every day. When you arrive for each treatment, use the micro enema then tell a member of staff when you have opened your bowels.

*Radiographers will advise you what time to arrive to do the preparation.*

### Radiotherapy department contact details

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