



1285 Waianuenuue Avenue Hilo, Hawaii 96720 PH 808/932-3590 FAX 808/974-6864

BOWEL AND BLADDER PREP INSTRUCTIONS FOR CT SIMULATION AND DAILY RADIATION TREATMENTS

Why is it important to have a full bladder and empty rectum?

Your rectum and bladder are located very close to the prostate. Having an empty rectum and full bladder helps to reduce the side effects of treatment and also ensures that the prostate will not be pushed into a different location. If they are kept the same size for your CT scan and daily radiation treatments, your radiation therapy will be more accurate and therefore less exposure to the surrounding organs.

Drink 16 oz of water/liquid prior to each treatment and take a stool softener every day while you are receiving radiation treatments.

1. 2-3 DAYS BEFORE CT RADIATION PLANNING APPOINTMENT, START TAKING POLYETHYLENE GLYCOL 3350 (MIRALAX) ONCE A DAY. THIS IS A STOOL SOFTENER. USE THE INSTRUCTIONS ON THE BOX/BOTTLE. THIS WILL HELP TO ENSURE THAT YOUR RECTUM WILL BE EMPTY FOR THE SCAN AND FOR THE DAILY TREATMENTS.
2. YOU WILL NEED TO BRING A 16 OZ. BOTTLE OF WATER OR ANY 16 OZ. LIQUID TO EACH APPOINTMENT.
3. YOU MUST ARRIVE FOR CT TREATMENT PLANNING APPOINTMENT AT LEAST 30 MINUTES EARLIER THAN SCAN TIME.
4. CHECK INTO HILO MEDICAL CENTER IMAGING DEPARTMENT FRONT DESK. THEY ARE LOCATED TO THE RIGHT OF THE ELEVATORS ON THE FIRST FLOOR OF THE HOSPITAL. RADIATION THERAPIST AND DOCTOR WILL MEET YOU AT THE APPOINTMENT.
5. UPON CHECK IN, GO TO THE RESTROOM TO EMPTY YOUR BLADDER AND RECTUM. AFTER DOING THAT, WHILE YOU WAIT IN THE WAITING ROOM, DRINK THE WHOLE BOTTLE OF WATER/LIQUID THAT YOU BROUGHT WITH YOU.

Please call us if you have any questions or concerns regarding these instructions @ 932-3705.

