

The Christie at Oldham

Preparing for radiotherapy to the prostate

Why do I need to prepare for my scan and treatment?

Opening your bowels regularly, especially before the planning scan and each daily treatment, means that the shape of your rectum, and the position of your prostate remain consistent. If your rectum is full with faeces and/or gas during treatment, the position of the prostate can change making it difficult to accurately target the radiotherapy.

How do I prepare for my scan and treatment?

Following these steps will help you to have an empty rectum when you are having your planning scan and treatment.

- Avoid foods or drinks that can make your bowels produce gas for 2-3 days before you come for your planning appointment and throughout your radiotherapy treatment. (This could include fizzy drinks such as coke and beer, beans and pulses, green leafy vegetables such as broccoli/sprouts and other vegetables such as onions).
- Avoid chewing gum.
- Avoid eating and drinking at the same time as this encourages you to swallow air.
- Try to eat food slowly.
- Eat your meals as normal and do not skip meals. You do not have to 'starve' before your scan or treatment but remember the above advice.
- Continue to take your usual medication.
- Try to empty your bowels on the morning of your planning scan appointment and if possible daily before each radiotherapy treatment session.
- If you do not routinely open your bowels daily or if you have any questions about these instructions, please contact The Christie at Oldham on **0161 918 7700** and ask to speak to a member of the scanner team.

What do I do during treatment?

During the weeks of treatment, to try to keep your bowel habits regular, and therefore the size of your rectum consistent. To do this, continue the diet you started before the scan until you start to develop symptoms caused by radiotherapy. If symptoms from radiotherapy occur discuss this with your radiotherapy team and they will advise on any dietary changes or medications required.

If you have any problems or worries, please contact:

The Christie at Oldham on **0161 918 7700**.



If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

For information and advice visit the cancer information centres at Withington, Oldham or Salford. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

