



Preparations for patients receiving radiotherapy to the prostate

It is important that your prostate is in the same position in your body for your planning scan and when you have your daily radiotherapy treatments.

Full bowels, gas in your rectum and the amount of fluid in your bladder can all change the position of your prostate. Therefore, in order to avoid day to day variation as much as possible, it is recommended for your planning scan and on each day of treatment that: your bowels are as empty as possible, your bladder has the same amount of fluid in it and your rectum is empty of gas.

If you have had your prostate removed, the area you will have treated can still be affected in a similar way, so it is important to follow the same advice.

Please follow the advice given to avoid rectal gas when instructed by the radiation therapists, this will usually be at least 3 days prior to your planning scan. Please then continue to follow this advice from this point until you have finished your course of radiotherapy treatment. If you have any questions or concerns please speak to one of the radiation therapists.

Empty bowels

It is important that your bowels are as empty as possible for your planning scan and for each day of your radiotherapy treatment. We ask that you try to empty your bowels each morning on the day of your planning scan and then on the days of your treatment. If you are unable to empty your bowels regularly a mild laxative or bowel regulator may be required.

If on any treatment day you have been unable to empty your bowels please speak to a radiation therapist.

Bladder filling

When you come for your planning scan, one of the radiation therapists will discuss specific drinking instructions that will ensure the amount of fluid in your bladder is consistent. It is important you follow these instructions

everyday you have your treatment, if you are struggling to maintain this level of fluid in your bladder please speak to one of the radiation therapists.

Avoiding rectal gas

Everybody is different in terms of which foods may make them gassy. If you have particular foods which make you gassy please try and avoid these during your treatment.

Some foods are generally associated with increasing gas due to the type of carbohydrates they are made up of; these foods are best avoided for the duration of your radiotherapy treatment:

- Wholemeal or wholegrain cereals, breads and snacks
- Beans, lentils and pulses
- Some vegetables: Spinach, sprouts, leeks, cabbage, onions, cucumber, broccoli, sweetcorn, turnip, celery, artichokes and peppers
- Fruit: Apples, raisins and prunes
- Dairy: cheese
- Nuts and seeds

There are also other causes of rectal gas and the following advice should be followed:

- Avoid all carbonated drinks- especially beer
- Eat regularly- do not skip meals as this will cause gas
- Eat slowly and chew food well
- Avoid chewing gum
- Try to increase your water intake to 6-8 glasses a day, sip these drinks throughout the day rather than gulping, avoiding taking in air
- Take regular exercise
- Avoid extreme foods, anything hot or spicy

If for any reason you are unable to follow any of this advice or you are already on a specific diet for any other medical reasons, please speak to one of the radiation therapists