

# Preparation before radiotherapy treatment (prostate cancer)

We have asked you to arrive 45 minutes before your appointment time to allow you time to perform the preparation as described here.

Please report to the reception desk and we will let you know if there are any delays on your treatment machine.

When you report to the reception desk, the treatment staff will know you have arrived in the department and they will come to speak to you.

## **Please follow the routine below;**

### **1. Use the enema - (staff often call this 'part 1')**

Go to the toilet with the tube of micro enema and break off the cap. To make it easier to insert the nozzle into your rectum, squeeze out a small drop of fluid and spread it over the nozzle. Gently insert the nozzle fully into your rectum and squeeze out all the contents of the tube. Keep squeezing the tube as you remove it. This action prevents the medication from being drawn back into the nozzle. It is OK to empty your bladder at this time, if needed. Wash and dry your hands before leaving the toilet.

### **2. Wait for the enema to have its' effect.**

The effect is usually within 15 minutes of use, but empty your bowel as soon as you feel the urge to do so. However, if after 15 minutes you have not had the urge to have a bowel movement, please try to do so. You may just pass wind, rather than solids.



3. When you do go back to the toilet, please also empty your bladder.
4. Return to the waiting room and wait for the staff to instruct you when to start drinking your water.
5. When instructed, drink 3 cups of fluid quickly over 1-2 minutes.

Note the 'clock starts' when you **finish**, not start, drinking.

Use the plastic cups located with the water dispenser in the waiting area, filling each cup to the level of highest ridge.

**This completes your preparation, please wait to be called for your treatment.**

**Please note:**

- Please **do not drink any more** fluid or empty your bladder until after your treatment
- It is OK to empty your bowel at any point before your treatment
- If you have an urgent need to empty your bladder between drinking the last cup and treatment, please alert the staff
- In the event that your rectum is already empty, the enema will have little effect. If this is the case, please do not be concerned
- If staff do not call you for treatment after 30 minutes of asking you to drink, please remind them you are still waiting for treatment
- Please discuss the instructions with your treatment staff, if necessary, especially if you have difficulty in achieving the preparation
- Water dispensers are available in most waiting areas

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