

Preparation before radiotherapy treatment (rectal cancer)

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

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.

The preparation time for treatment is shorter than for when you attended for your planning appointment - as you need only to have fluid in your bladder, please follow the process on the reverse.

Occasionally, unexpected delays will mean that your preparation will need to begin again. Please be patient and understanding with your treatment radiographers if you are asked to repeat the process, it is in your best interests.

Other people may have been given different instructions, so it is important that you understand and follow only those instructions given to you.

Having fluid in your bladder is needed only for the time immediately before and during your treatment delivery; you can empty your bladder as soon as required after treatment.

It is important for your general health that you eat and drink normally. You should take fluid as usual before you attend for your treatment.



Start this process when instructed by the treatment staff.

1. Before drinking – please empty your bladder.
2. Drink 3 cups of fluid quickly over 1-2 minutes.

Please 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.

3. Please do not drink any more fluid or empty your bladder until after your treatment.
4. If you have a colostomy, please empty it if required before your treatment.

Please note:

- If you feel that the "fullness" of your bladder feels slightly different each day, please do not be concerned. But try to avoid being treated when your bladder is empty or over-full
- 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
- 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 radiographers if necessary, especially if you have difficulty in achieving the preparation
- Water dispensers are available in most waiting areas

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