

# Prostate Radiation: CT and MRI Simulation Preparation Instructions & SBRT Treatment Instructions

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## What preparation is required for my appointments?

### The day before:

Complete the following bowel prep to ensure you have an empty rectum:

1. At 12:00 p.m. (noon) take 2 Dulcolax® laxative tablets.
2. Between 5:00-7:00 p.m., mix 17 grams of Miralax® (about 1 tablespoon) into 4 to 8 ounces of Gatorade®, G2®, Gatorade Ice®, Powerade®, Powerade Zero® or your choice of electrolyte containing beverage. We suggest chilling the beverage for a few hours before drinking it.

**Note:** You may continue to eat normally while doing your bowel prep and preparing for your appointments. However, avoid food that may cause you gas.

### The day of **CT simulation** and **radiation treatments**:

1 hour and 15 minutes before your CT Simulation time:

1. Empty your bladder and have a bowel movement (if possible).
2. Drink 20 ounces of water. You will need to finish drinking the water 1 hour before your appointment to avoid delays.
  - For example, if your CT Simulation is scheduled for 9:00am, at 7:45am try to empty your bladder and drink 20 oz. of water by 8:00am.
  - Do not drink any additional fluids and try not to empty your bladder until your treatment is complete

### The day of **MRI** simulation:

45 minutes before your MRI Simulation time:

1. Empty your bladder and have a bowel movement (if possible).
2. You will then need to drink 20 ounces of water. You will need to finish drinking the water **30 minutes** before your appointment to avoid delays.

- For example, if your MRI Simulation is scheduled for 9:00am, at 8:15am try to empty your bladder and drink 20 oz. of water by 8:30am.
- Do not drink any additional fluids and try not to empty your bladder until your treatment is complete

## **Why is it important to empty my bladder and have a bowel movement?**

Your bladder and rectum (the lower part of your large intestine ending at the anus) are very close to your prostate, so they can change the position of your prostate. By emptying your bladder and having a bowel movement the same way for each of your simulations and daily radiation treatments, it will allow us to safely deliver your radiation therapy as well as reduce potential side effects.

## **What are my instructions after my treatment?**

When you go home the day of your first radiation treatment, start taking your Tamsulosin (Flomax®) as prescribed at bedtime (if you do not already take this medication.)

## **Who do I contact if I have questions?**

If you have any questions, contact Radiation Oncology Nursing at (734) 936 4300.

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