CT Simulation

What preparation is required for my CT Simulation?

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., drink one 8-ounce glass of Miralax®/Gatorade® solution and continue drinking one 8 ounce glass every 15-20 minutes until mixture is gone. (See recipe below).
3. Mix 4 ounces of Miralax® (about 7 heaping tablespoons) into 32 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.

The day of:
1. If possible, try to have a bowel movement 4-6 hours before you arrive.
2. You will need to arrive 1 hour and 15 minutes before your CT simulation.
   • When you arrive, empty your bladder and have a bowel movement again (if possible).
   • You will then need to drink 20 ounces of water. You will need to finish drinking the water an hour before your CT simulation to avoid delays.
3. For example, if your CT simulation is scheduled for 9:00am, arrive by 7:45am, try to empty your bladder and drink 20 oz. of water by 8:00am.
MRI Simulation (If prescribed by your doctor)
What preparation is required for my MRI Simulation?

The day before:
Complete the following bowel prep to ensure you have an empty rectum
1. At 12:00 p.m. (noon) take two Dulcolax® laxative tablets.
2. Between 5:00-7:00 p.m., mix 17gm 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.

The day of:
1. If possible, try to have a bowel movement 4-6 hours before you arrive.
2. You will need to arrive 45 minutes before your MRI simulation
   o When you arrive, empty your bladder and have a bowel movement
     again (if possible).
   o You will then need to drink 20 ounces of water. You will need to
     finish drinking the water 30 minutes before your MRI simulation
     to avoid delays.
   o For example, if your MRI simulation is scheduled for 9:00am, arrive by
     8:15am, empty your bladder and drink 20 oz. of water by 8:30am.

SBRT Prostate Radiation Treatments
What preparation is required for my Radiation Treatments?

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 17gm 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 a few hours before drinking it.

**The day of:**

1 hour and 15 minutes before your radiation treatment time:

1. Empty your bladder and have a bowel movement again (if possible).
2. You will then need to drink 20 ounces of water. You will need to finish drinking the water 1 hour before your radiation treatment to avoid delays.
   - For example, if your radiation treatment is scheduled for 9:00am, at 7:45am try to empty your bladder, and drink 20 oz. of water by 8:00am.
3. Do not drink any additional fluids and try not to empty your bladder until your treatment is complete.
4. Start taking your Tamsulosin (Flomax®) as prescribed at bedtime if you do not already take this medication.

**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.

**Sexual health appointment**

Some men may experience sexual side effects after radiation. In order to address this, we can schedule an appointment with you to talk about possible
penile shrinkage, erectile dysfunction and lessening of sexual desire. This appointment is completely optional, but encouraged. Our department highly encourages you to bring your sexual partner to this confidential one-on-one appointment. Sexual Health Clinic appointments are the first and third Friday of each month. Your sexual health appointment may be scheduled anytime from your CT scan simulation to 6 months after your last radiation treatment.

**Who do I contact if I have questions?**
If you have any questions, contact Radiation Oncology Nursing at (734) 936 4300.