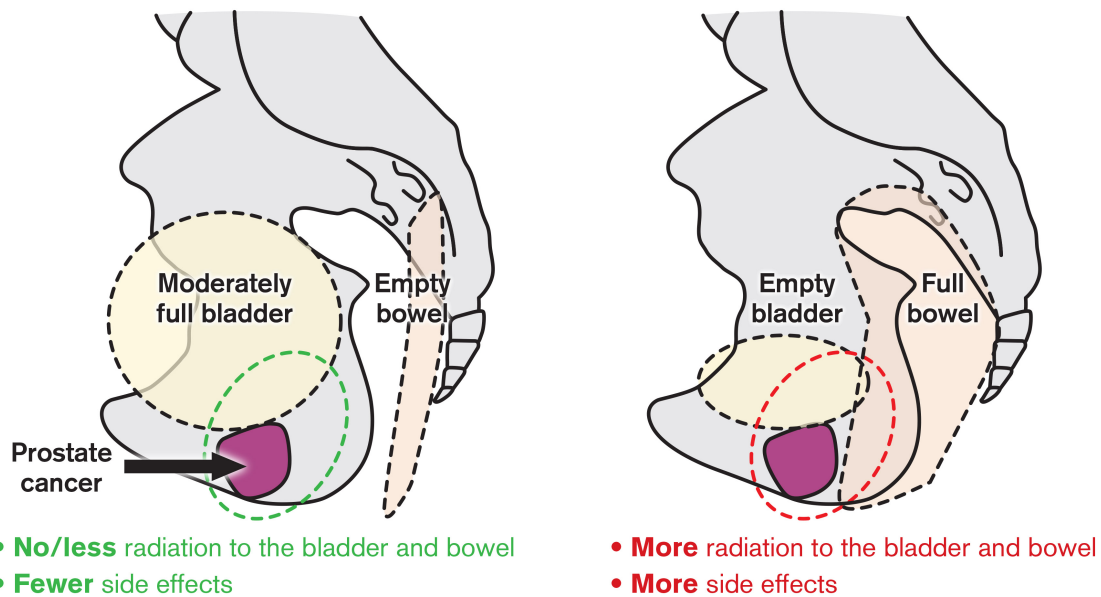


# Prostate

## Bowel and bladder preparation instructions

This information is to be used in conjunction with the general prostate document.

The prostate gland (or surgical bed) sits close to the bowel and bladder. Radiation therapy to this area works best if you have an empty bowel (free of faecal matter and gas) and a comfortably full bladder.



This means your bladder feels full, but not too full that you cannot hold it for approximately 30 minutes.

**The best way to achieve a comfortably full bladder and to manage your bowel each day is to keep hydrated.** You can assess if you are adequately hydrated by the colour of your urine:

- Pale yellow urine means you are hydrated.
- Darker yellow/brown urine means you are not sufficiently hydrated.

If you need to improve your hydration please sip fluid from the time of waking (approx 1cup or 230ml/hour, including weekends). Gradual fluid intake allows your bladder to slowly expand and may decrease the urge to empty your bladder. Stop hydrating early evening as this may reduce you needing to go to the toilet overnight.

It is best to drink water but non-citrus juices and cordials are also fine. Please avoid carbonated drinks as these may contribute to gas. Please minimise or stop drinking alcohol, tea and coffee as they can cause an increased production of urine leading to dehydration.

Sometimes the radiation therapists will check the size of your bowel and bladder. It is quite normal to be asked to:

- Fill your bladder a little more
- Try and have a bowel motion or release gas, or
- Wait slightly longer before treatment.

### To achieve an empty bowel:

- Use the microenema prescribed by your radiation oncologist regardless of having a natural bowel motion or not.
  1. Remove cap, squeeze a drop of the liquid onto a finger and smear over the nozzle to lubricate it.
  2. Insert the nozzle as far as it will go into your bottom, and squeeze the tube until it is empty. This may be done lying on your side with the top leg bent and may make it easier to retain contents.
  3. Keep squeezing the tube as you remove the nozzle so contents are not drawn back up the nozzle.
  4. Dispose of the empty tube in the rubbish bin. Do not flush it down the toilet.
  5. You may feel the urge to empty your bowel within a few minutes of using the enema but try to hold on for 10 to 15 minutes. This will give the enema time to work properly. If you have any urge to pass a motion, make a moderate effort to do so. If you have any further urge to pass a bowel motion later, then do so.
  6. If you do not feel an urge to empty your bowels after 20 minutes, you may need to use a second tube of enema. (<https://www.medicines.org.uk/emc/files/pil.4569.pdf>)  
View this video to help guide your use of enema [www.youtube.com/watch?v=nNDH87-5mmU](http://www.youtube.com/watch?v=nNDH87-5mmU)
- Please do not eat foods you know are likely to cause wind/bowel gas (flatulence) until you have completed treatment. Please eat regular meals every day and avoid chewing gum.

### To achieve a comfortably full bladder (in addition to keeping hydrated)

1. On waking, empty your bladder (and bowel if this is your habit) and keep hydrated.
2. Use an enema (as above). When you empty your bowel please empty your bladder too.
3. Over the next 15 minutes, drink 2-3 cups (~500ml) of water. You may wish to use a marked water bottle to easily measure the same amount each day.
4. Allow 45 minutes for your bladder to fill from when you finish drinking to your appointment time.

### Bowel and bladder preparation timeline

The chart below will be filled out during a phone call from an ARO team member.

These instructions are a starting point and everyone has different capabilities. Your preparation instructions may be modified but please do not adjust without guidance. Speak to a clinical team member if you have any questions or trouble with your preparation.

*Please practise bowel and bladder preparation 3 days before your Simulation (pre-treatment planning).*

	Example	Date: Practice D1	Date: Practice D2	Date: Practice D3	Date: CT scan
<b>Use enema</b> then wait 15mins before you empty your bowel	8:00am				
<b>Drink 500ml in 15mins</b>	8:15-8:30am				
<b>Wait 45mins</b>	8:30-9:15am				
<b>Appointment time</b>	9:15am				