

# PROSTATE RADIATION INSTRUCTIONS

## PRIOR TO YOUR SIMULATION (PLANNING VISIT)

- Drink a bottle (10 oz.) of magnesium citrate at 6:00 p.m. the night before the simulation appointment.
- Do one or two fleet enemas 2 hours prior to leaving your home for simulation appointment.
- Half hour (30 minutes) before your simulation appointment empty your bladder, then drink 16 oz. of water. Do not urinate until the simulation has been completed.
- If you have urinary incontinence, speak to your radiation healthcare team. We have methods available to help control urinary leakage and make your simulation and treatments more comfortable for you.
- You may eat on the day of your simulation; however, avoid large meals.
- You may continue to take your prescribed medications.

## PRIOR TO EACH RADIATION TREATMENT

- Try to have a bowel movement prior to each radiation treatment. Doing so reduces the amount of gas and stool in the treatment area which is important for the delivery of the radiation. A tap water enema may help you stimulate a bowel movement. If you are having difficulty with having regular bowel movements, speak to your radiation healthcare team for further recommendations.
- Drink 16 oz. of water 30 minutes prior to your treatment to ensure that your bladder is full at the time of treatment. Do not urinate until the radiation treatment has completed.
- If you experience any signs or symptoms from treatment, please discuss with your radiation oncology team for review of management options.



# PROSTATE RADIATION INSTRUCTIONS

| DO  | DO NOT  |
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| <ul style="list-style-type: none"><li>• Do continue your daily personal and work activities to the extent you feel able. You may also continue your current workout routine. If you begin to experience significant fatigue speak to your radiation healthcare team.</li><li>• Do stay well hydrated, especially a few days prior to your simulation and throughout your radiation treatment.</li><li>• Do discuss any symptoms you may experience, such as increased urinary frequency or urgency, with your radiation healthcare provider. You may be a candidate for a medication that may improve these symptoms.</li><li>• Do continue to have sexual intercourse as you feel comfortable. You may have some discomfort with ejaculation or observe blood in your semen, neither of which are harmful to you.</li><li>• Do attend your weekly visits with your radiation oncologist. This visit will usually be scheduled on the same day each week. During this time you can discuss any questions or concerns you may have.</li><li>• Do take food enzymes such as Beano® with the first bite of each meal to decrease gas and bloating.</li></ul> | <ul style="list-style-type: none"><li>• Do not eat foods that may increase gas or bloating. Examples include broccoli, cauliflower, beans, dairy products, sodas and chewing gum. Speak to your radiation healthcare team if you need further suggestions to decrease gas and bloating.</li><li>• Do not start a weight loss diet. We want you to maintain your weight during treatment, regardless of your current weight. If you decide to, you may start a diet after treatment.</li><li>• Do not take supplements or vitamins without the approval of your radiation healthcare team.</li><li>• Do not stop or start any prescription medications without first consulting with your radiation healthcare provider.</li></ul> |

