



BLADDER & BOWEL
PREPARATION

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PREPARATION FOR TREATMENT

Your oncologist has recommended that you undergo radiotherapy on your pelvic region (prostate, cervix or rectum). This leaflet will explain how to prepare your bladder or bowel, or both for Radiotherapy.

You need to follow the guidelines for bladder and bowel preparation outlined in this leaflet before your CT planning scan and your daily radiotherapy treatment.

Bowel preparation should start one day before your scan and continue until you have finished all your radiotherapy. Bladder preparation needs to happen on the day of your scan and before each treatment.



BOWEL PREPARATION

Bowel preparation (empty rectum) improves the accuracy of your treatment by reducing the buildup of intestinal gas and keeping the size and shape of your bowel consistent. This reduces the risk of long-term side effects to the bowel.

To prepare your bowel prior to your scan and throughout your treatment:

- One day before your scan and treatment, take one tablet of Dulcolax at 8:00 pm and do not eat anything after 8:00 pm
- Eat small and frequent meals
- Maintain a normal diet while avoiding anything that makes you feel bloated or gives you excessive wind e.g. - nuts, pulses, soya beans, broccoli, onions, apple and banana
Please noted, peeling the skin of fruits will help to reduce gas.
- Eat slowly and chew your food well to break it down and make it more easily digestible
- Avoid swallowing air by chewing with your mouth closed and sipping drinks rather than gulping. Chewing gum is best avoided altogether

BLADDER PREPARATION

It is important that you have a comfortably full bladder (meaning your bladder feels full but you don't have the urgency to empty it) and maintain a similar bladder size for your CT planning scan and each treatment to ensure accuracy on a daily basis. A full bladder will limit the amount of bladder and small bowel appearing in the treatment area, reducing possible side effects.

On the day of your appointment.

- Empty your bladder about 30 minutes prior to your appointment
- Drink 4-5 cups of water (water is available in the waiting area) within 5 minutes.
By following the above routine, your bladder should be comfortably full by the time you have your CT planning scan and for each treatment.

If you feel a desperate urge to empty your bladder during the 30-minute wait please inform the staff nurse who will inform the radiation therapists so they can come and speak to you.

What if I find keeping a full bladder difficult?

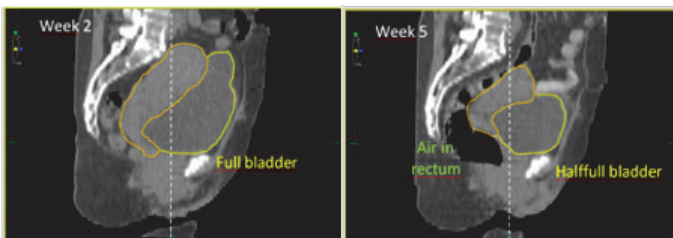
If, at any point during your course of treatment, you have trouble keeping a full bladder please tell a radiation therapist or nurse.

What if there is a delay?

If you are kept waiting and are unable to hold your bladder full, please tell the radiation therapists or nurse. You may need to empty your bladder, drink and fill again. Please discuss this with the radiation therapists if you are unsure of what to do.

Appointment times

The radiotherapy department is open from 8:30-17:30. If you are instructed to have bowel preparation, your appointment shall be arranged in the morning, before your lunchtime.



SUNWAY MEDICAL CENTRE®

Sunway City

Operation Hours

Monday - Friday : 8.30am - 5.30pm

Saturday : 8.30am - 1pm

Public Holidays & Sundays: Closed


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