

Preparing for Radiation Treatment

For prostate cancer

This handout explains how to prepare when having radiation treatment for prostate cancer at University of Washington Medical Center.

You have chosen radiation therapy for your prostate cancer. Radiation therapy is a *minimally invasive* treatment, which means you will not feel any physical discomfort during treatment.

Please follow the instructions below. Doing so will help us provide you the best possible treatment, help ensure the accuracy of treatment, and limit your side effects.

How should I prepare?

Before your first simulation/treatment planning visit (SIM) and also for your daily treatment appointments, please:

- Have your bladder comfortably full, but not so full that it causes discomfort. When your bladder is comfortably full, it helps limit the amount of radiation your bladder receives.
- Empty your bowels as much as you can. This helps us make your daily treatment more consistent and accurate. The prostate can move slightly if there is stool or gas in your rectum.

The Day of Your Appointments

- Before you come to the clinic, empty your bowel and bladder fully.
- When you arrive at the clinic (or about 30 minutes to 1 hour before your treatment time), drink 8 to 16 ounces of water. How much and when you need to do this depends on your ability to have a full bladder and still be comfortable.
- After drinking the water, try not to empty your bladder until your treatment is done for the day.
- If your full bladder becomes too uncomfortable, please tell your care team. We may need to change how much and when you drink the water before your treatment.



Talk with a member of your care team if you have any questions or concerns about your treatment.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

UWMC Cancer Center/
Radiation Oncology:
Weekdays from 8 a.m. to
6 p.m., call 206-598-4100.

After hours and on holidays
and weekends, call
206-598-6190 and ask for
the Radiation Oncology
resident on call to be paged.