

Getting Ready for Your Radiation Planning and Treatment Appointments

For patients having radiation treatment to the pelvis

It is very important to have a full bladder and empty rectum for your radiation planning and **every** treatment appointment.

Having a full bladder and empty rectum will help your health care team target your pelvis with radiation and reduce any side effects.

.....

Fill your bladder:



- Drink 2 cups (500 mL) of water 45 minutes **before** your actual appointment time.
- After you drink water, **do not go to the bathroom until your appointment is over**. You may empty your bladder after your appointment.

Empty your rectum:



- Try to have a bowel movement (go poo) before you come to your appointment.

Please turn this card over for more instructions.

- Avoid foods or drinks that may give you gas. If you have problems with gas in your bowels, please call 416-480-4623 to speak with a Registered Dietitian.

Please let the Radiation Reception Desk or a radiation therapist know if it is hard for you to keep your bladder full and/or empty your rectum.

.....

Contact your health care team:



If you have questions about your cancer-related symptoms, cancer treatment or any other health concerns

Monday to Friday, 9:00 AM–4:30 PM:

- Call the Odette Cancer Centre at 416-480-5000. Ask to speak to the Radiation Nursing Team. Leave a message with your name, red hospital card number, and phone number. You will get a call back within 24 hours.

After hours on weekdays from 4:30 PM–8:30 AM and on weekends and statutory holidays (24 hours a day):

- Call the After-Hours Telephone Line at 1-877-681-3057



PR 47160 (2022/03/31)



Sunnybrook

ODETTE CANCER CENTRE