

Preparing for SABR to your prostate

What is SABR?

SABR stands for **S**tereotactic **A**blative **B**ody **R**adiotherapy. It is also known as SBRT (**S**tereotactic **B**ody **R**adio**T**herapy). Stereotactic radiotherapy is an effective way of giving more accurate radiotherapy over fewer treatment sessions, to increase the chances of controlling the tumour. Numerous x-ray beams of high energy are used to deliver a high dose of radiation from outside the body to the tumour, while sparing the surrounding normal tissues as much as possible. It provides an increased chance of tumour control compared to a course of standard radiotherapy alone.

In some people the cancer stays the same size and becomes dormant, and in others it may shrink. It can be delivered on either a linear accelerator (linac), the CyberKnife or on the MR Linac, depending on which the radiotherapy team think is the best suited to your cancer. The choice is made on a number of different factors, and involves your clinical oncologist, physicists and radiographers at our weekly multi-disciplinary meeting (MDT).

The prostate can move during treatment, however, there are some simple things that you can do to further improve the accuracy of the treatment and reduce any possible side effects.

Preparing your bladder

If your bladder is well filled with urine during treatment, it pushes the bowel away from the radiotherapy and can reduce bowel side effects. It is also important that your bladder is a similar size during each treatment. To do this for the CT scan, MRI scan and each treatment, we will ask you to empty your bladder, drink two cups of water immediately (approximately 350 mls) and then wait either 30-40 minutes for those having treatment on the CyberKnife and MR Linac, or one hour for those having treatment on a linac. We would like you to start each treatment with the feeling of a moderately full bladder.

Preparing your bowel

Your prostate moves slightly when faeces or gas pass through your rectum. If we can reduce bowel movement during your treatment it will stop the prostate being 'squashed' and changing shape during treatment, and will make the treatment quicker. To do this, we ask you to use an enema inserted into the back passage (rectum) to stimulate a bowel movement – these will be provided by the pharmacy. We need you to use the enemas for two days before your planning CT and MRI scan and on the morning of the scans.

You will then need to use the enemas two days before your first treatment and on the day, prior to your first treatment. After that, please take the enemas on each day of treatment (but not any



days in between treatments) until the radiotherapy is finished. If you get diarrhoea during this time, then stop taking the enemas and discuss this with the radiographers.

The table below will help you keep track of your appointment dates so you know when you need to take the enemas.

Date	Appointment	Enema
	None	yes
	None	yes
	CT and MRI scan	yes
	None	yes
	None	yes
	Day 1 SABR	yes
	Day 2 SABR	yes
	Day 3 SABR	yes
	Day 4 SABR	yes
	Day 5 SABR	yes

Contact details

Radiotherapy Key Worker: _____

Radiotherapy Department Sutton: 0208 915 6020

Radiotherapy Department Chelsea: 0207 808 2540

CyberKnife Chelsea Reception: 020 7811 8467

The Royal Marsden Help Centre can provide further general information and support. Call in or phone (Freephone): 0800 783 7176

Alternatively, please call:

The Royal Marsden Macmillan Hotline: 020 8915 6899
(available 24 hours a day, 7 days a week)

