The ROYAL MARSDEN
NHS Foundation Trust

Pt name:

RMH ID:

Patient information

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 several 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 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 a gentle enema inserted into the back passage (rectum) to stimulate a bowel movement – the pharmacy will provide these. 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.

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. Once the enema has taken effect, we will ask you to empty your bladder, drink 350ml of water immediately (1 ½ standard paper cups or just half a pint) 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

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feeling of a moderately full bladder. We would like you to do this same preparation for the CT scan, MRI scan and each treatment.

The table below informs you of your appointments and when you need to take the enemas:

Date	Appointment	Appointment time	Enema required?	Time of enema
	None	-	Yes	Any time of day
	None	-	Yes	Any time of day
	CT/MRI Scan		Yes	90 minutes before scan
	CT/MRI Scan		Only prior to first scan	
	None	-	Yes	Any time of day
	None	-	Yes	Any time of day
	Day 1 SABR		Yes	90 minutes before treatment time
	Day 2 SABR		Yes	1.5 - 2.5 hours before treatment
	Day 3 SABR		Yes	1.5 - 2.5 hours before treatment
	Day 4 SABR		Yes	1.5 - 2.5 hours before treatment
	Day 5 SABR		Yes	1.5 - 2.5 hours before treatment

You can do the enema at home, prior to travelling to the hospital, or use at the hospital 90 minutes before your appointment – whatever suits you best. Please remember to bring your enemas with you for each hospital appointment.

Contact details

Urology Specialist Radiographer Team 0208 915 4405

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 Hotline: 020 8915 6899

(available 24 hours a day, 7 days a week)

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