

## Preparing your bladder before radiotherapy to your pelvis (gynaecological)

You have been referred to have radiotherapy treatment to your pelvis for a gynaecological cancer. You will need to have a comfortably full bladder for your Pre-Treatment Radiotherapy planning scan and every treatment appointment.

### Why do I need a full bladder?

When your bladder is comfortably full it will push your bowel and part of the bladder out of the treatment area. This may help to reduce some side effects from the radiotherapy; therefore, it is important to correctly fill your bladder before each appointment. Your ability to keep a comfortably full bladder will depend on how often you usually pass urine. If you need to pass urine more often than every two hours, please tell the doctor.

We suggest you drink a total of two litres of fluid each day (such as water, squash and soft non-fizzy drinks). This should keep you adequately hydrated and ensure the water you drink before your treatment fills your bladder. We recommend you limit your intake of tea, coffee, alcohol and caffeinated soft drinks as they can cause bladder irritation.

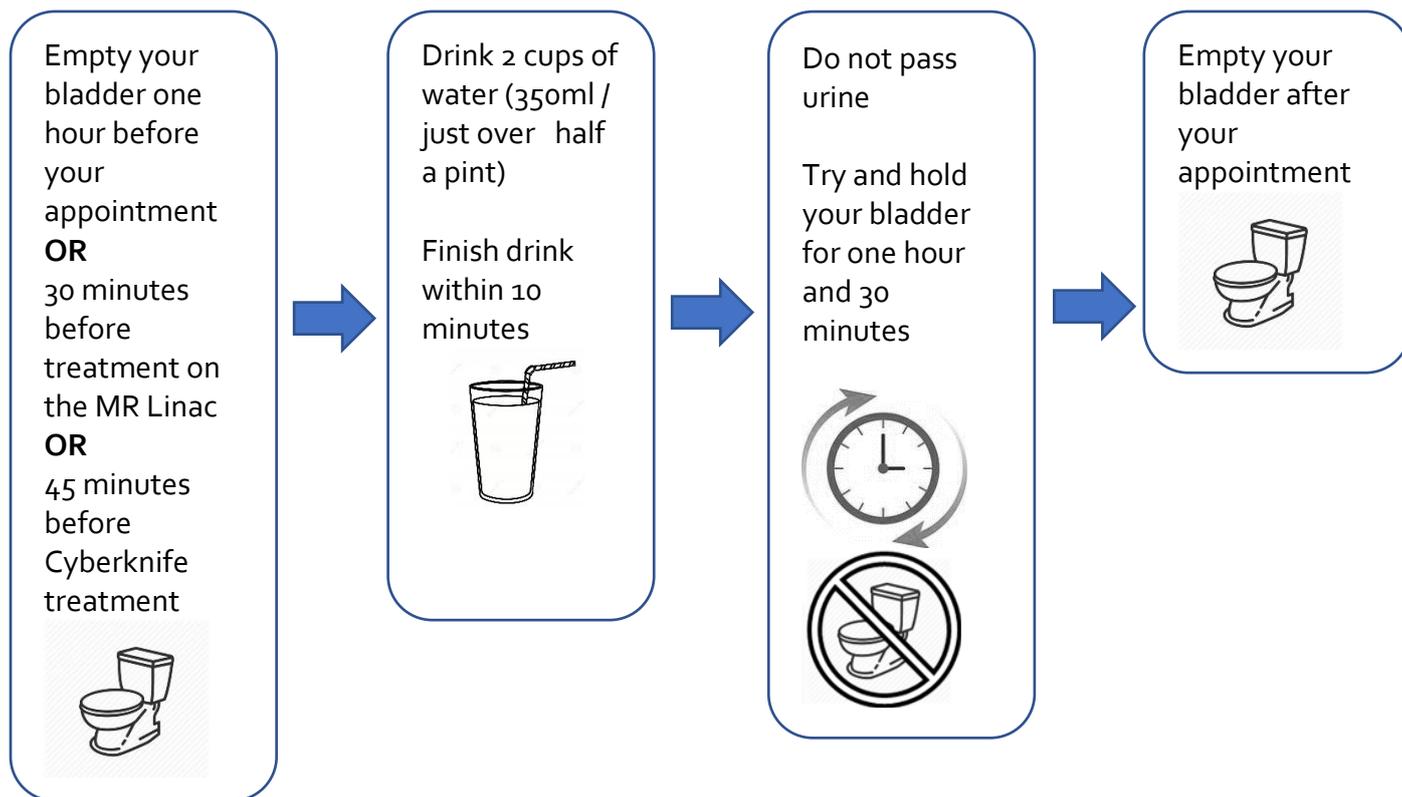
### How do I make my bladder comfortably full?

You may like to try this at home first, a couple of days before your first appointment.

Instructions:

- First empty your bladder **one hour** before your appointment. (If you are having treatment on the MR-Linac you should empty your bladder 30 minutes before your appointment. If you are having Cyberknife treatment you should empty your bladder 45 minutes before your appointment).
- Then drink 2 cups (350ml / just over half a pint) of water within 10 minutes. We will give you a water bottle at your Pre-Treatment Radiotherapy planning appointment to help you measure this.
- Do not pass urine for one hour and see if you feel comfortable.
- Ideally, you should still be reasonably comfortable for slightly longer – approximately one hour and 30 minutes. This will allow extra time in case there is a delay to your treatment
- You can empty your bladder after your appointment.
- You may find it helpful to set a reminder or alarm each day to prompt you to empty your bladder and drink water.





### What happens if I cannot hold a full bladder?

If you have difficulty managing to hold a full bladder, then please tell the radiographers at your first visit. To help you, we may ask you to hold your bladder for a reduced time.

If, on any day before treatment, you feel like you will not be able to hold your bladder for another 10–15 minutes, please let a member of staff know.

Before treatment, the radiographers will usually ask if you are 'ready'. If you do not feel you have achieved your ideal bladder-filling, then please let them know. Your appointment time can then be amended accordingly.

### Contact details

Please call the numbers below if you have any concerns or queries.

#### Sutton

Pre-treatment radiographers	020 8661 3262
Radiotherapy department	020 8915 6020

#### Chelsea

Pre-treatment radiographers	020 7808 2552
Radiotherapy department	020 7808 2540

