The ROYAL MARSDEN
NHS Foundation Trust

Patient name:

RMH ID:

Preparing the bladder before radiotherapy to the prostate

You have been consented to have radiotherapy treatment to your prostate. We will ask you to always have a comfortably full bladder for the radiotherapy planning scan and for every treatment. This is so we can give you the most accurate treatment with the least side effects.

Why do I need a full bladder?

When your bladder is reasonably 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 have your bladder **comfortably full** each day. 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 will assess your bladder function and may prescribe medication to reduce the frequency of passing urine.
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 fill my bladder?

We would like you to practise at home to make sure you can achieve a comfortably full bladder for your planning and treatment appointments.
Empty your bladder and bowels (if needed), then drink 350ml of water (1 ½ standard paper cups of water or just over half a pint) within 10 minutes. Try to keep mobile during the following hour so that any gas in your bowel can be released. See if you are still comfortable **one hour** from when you started drinking. Ideally, you should still be reasonably comfortable for another 30–60 minutes (making a total time, without emptying your bladder, of 1.5–2 hours). This allows extra time for any delays and will lessen any anxiety you may experience. As soon as you have had your scan or treatment, you will be able to empty your bladder.

What happens if I cannot hold a full bladder?

If you are not comfortable at the end of one hour, then we suggest you try again later or on another day. Try to hold 350ml of water for 45 minutes. Remember to empty your bladder before you start drinking (some men find it easier to empty their bladder if they stand up to pass urine).

What to do for the planning CT scan:

We ask you to arrive one hour before your scan to allow time to drink the water. The radiographers will discuss with you the time to start your preparation and the time of your scan. They will ask you to empty your bladder and your bowels (if needed), then drink the water. During this time, please keep mobile and move around (walk) if possible, to reduce the build-up of gas in your bowels.

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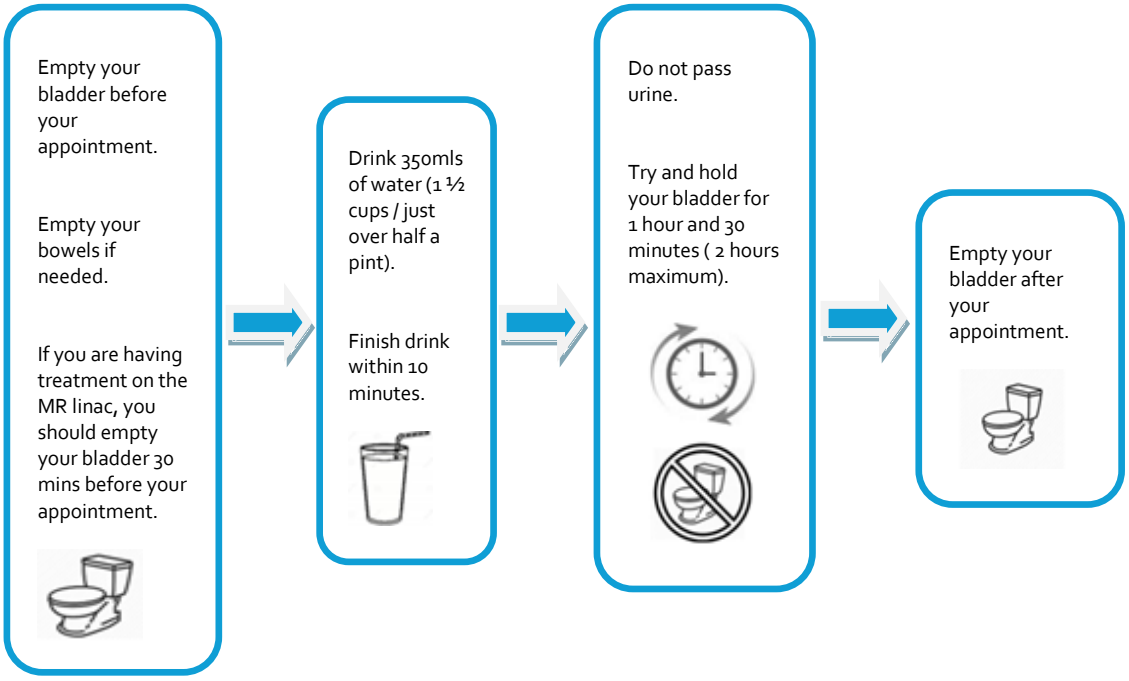
Radiotherapy and Chemotherapy Services F538021 & F538022

If your bowel seems too large when you have the planning scan, it may be because of gas. If this happens, we will ask you to release the gas and repeat the scan. Although this might seem embarrassing, this is routine practice to improve the accuracy of your radiotherapy.
If at any point you feel that you cannot hold your bladder for another 10–15 minutes, please let a member of the team know.

What to do for daily treatment:

Many people choose to prepare their bladder at home, however if you are concerned about the length of your journey you may choose to do your preparation in the hospital.
Before treatment, the radiographers will usually ask if you are 'ready'. If you do not feel you have achieved ideal bladder-filling, then please let them know. Your appointment time can then be amended accordingly.

Summary of preparation for radiotherapy planning CT and daily treatment:



N.B. For patients having radiotherapy treatment on the **MR Linac**, the pre-treatment staff will advise you at your planning appointment regarding specific drinking times.

Contact details:

If you have any concerns or queries, please contact your key worker
Urology Specialist Radiographer Team: 0208 915 4405
The Royal Marsden Hotline: 020 8915 6899 (24-hours a day, 7days a week)

Radiotherapy appointments and preparation

Patient Name:	Patient Hospital Number:
Preparation for your radiotherapy planning CT scan	
Please arrive one hour before your CT scan, to enable you to fill your bladder.	Date of Radiotherapy CT scan: Please arrive at: Check in, empty your bladder and drink 350ml water. Your scan will be at: (Radiotherapy Pre-treatment reception: Main Hospital, Ground Floor / CyberKnife Reception: Basement level) MRI arrive at: Your scan will be at:
Preparation for your radiotherapy treatment	
We want the size of your bladder during radiotherapy treatment to be very similar to what you achieved at the radiotherapy planning scan.	
Please arrive one hour before your treatment, to enable you to fill your bladder.	Radiotherapy treatment start date: To be confirmed at CT planning appointment Please arrive at: (Radiotherapy Department: Basement level) Appointment time: