

## Simulation for Prostate Radiation Treatment

Before you begin radiation therapy for prostate cancer you will have a computerized tomography (CT) scan, also called a simulation. The CT scan helps your doctor design a customized radiation treatment plan based on your body. In some cases your doctor may order an MRI of you pelvis to be done the same day of sim.

### The Day before Simulation

- Drink at least 64 ounces of fluid (equivalent to 1/2 gallon of water).
- Avoid eating large amounts of fresh fruits and vegetables, beans and dairy products.
- **The Evening before Simulation-** Take 2 tablespoons (30 cc) of milk of magnesia. This will help you have a bowel movement.

### The Day of Simulation

- Eat light meals before your simulation.
- Avoid large amounts of fresh fruit and vegetables, beans and dairy products.
- If you have not had a bowel movement in the past **16 hours**, then you may take another 2 tablespoons of milk of magnesia.

### 1 Hour before Your Simulation

- Empty your bladder.
- Fill your bladder by drinking at least 16 ounces of fluid (equal to two 8-ounce size cups). Adjust the amount if necessary.
- The fluid should be in your body 30 minutes before the simulation. Adjust the time if necessary.
- Do not empty your bladder until after your simulation is complete.
- If you feel that you have rectal gas, try to expel it before the CT scan.
- During the simulation, it is important that your rectum be free of stool and gas and that your bladder be approximately 70 percent full.
- This will help move the rectum and bladder out of the treatment field and reduce radiation to these organs.

### Daily Treatments

- Repeat this bladder filling process before each of your daily radiation treatments.
- It is important that your rectum be free of stool and gas daily for treatments.
- After the first few treatment days, you will learn what works best for you, how much water to drink and over what period of time.