

Bladder and Rectum Preparation for MRL Treatment

During prostate radiation treatment, it is important for the prostate to stay in the same position each day. The bladder and rectum are close to the prostate, and changes in their size can move the prostate. These instructions will help keep your bladder and rectum more consistent for each treatment.

Bladder Preparation

For your daily radiation treatments, you will require bladder preparation. Keep in mind, your treatment appointment may last 40 minutes to an hour.

- On the day of your appointment, make sure to drink water throughout the day.
- **20 minutes before your appointment:**
 - Empty your bladder completely
 - Quickly drink 250 mL (1 cup) of water

Rectum Preparation

Reduce bowel gas

Try to reduce gas **the day before and on the day of treatment** by eating less foods and drinks that can cause gas or bloating, such as:

- Vegetables such as cabbages, sprouts, broccoli, and cauliflower
- Dried fruits (especially in muesli or similar cereals)
- High fat and greasy foods
- Onions, lentils, and beans (including baked beans)
- Carbonated drinks (soft and alcoholic)
- Very spicy foods
- Caffeinated drinks

Use a Fleet enema

You will need to use a Fleet enema 1–2 hours before each treatment.

You can buy a Fleet enema kit at any drugstore without a prescription. Follow the instructions on the package. If you need help, ask your pharmacist.

Eat light meals

- If your appointment is in the morning, have only a light breakfast.
- If your appointment is in the afternoon, have a light lunch.