

# How to prepare for radiotherapy to the pelvis (full bladder)

## Introduction

Please read this information sheet before attending for your radiotherapy planning and treatment appointments. It will help you to prepare for your treatment.

## Preparation before starting treatment

It is important that you are well hydrated (drinking plenty of fluids) even before you start your treatment. **We ask that you aim to drink 1.5-2 litres (6-10 average mug sizes) of fluid a day.** Try to drink water or decaffeinated drinks. It is best to avoid caffeinated, fizzy and alcoholic drinks.

**Please follow these instructions for at least one week before your CT planning scan and throughout treatment to ensure you are well hydrated.**

## Daily preparation - CT and treatment

When you attend for your CT planning scan and daily treatment, your radiographers will ask you to empty your bladder. They will then ask you to drink 500ml of water. This helps to ensure you have a comfortably full bladder. It is important that you drink the water quickly. You will then wait 30 minutes before having your scan or treatment.

### Having a comfortably full bladder is important to:

- Limit the amount of bladder in the treatment area. This helps to reduce any side-effects you may experience.
- Ensure that the areas to be treated are in the same position each day. This helps to improve treatment accuracy.

If you have any questions or concerns, please speak to your doctor, specialist nurse or radiographer.