

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.