

Radiotherapy Department

Radiotherapy to the bladder – preparation for planning and treatment

Information for patients



Please read this instruction leaflet before you come to your radiotherapy planning appointments. It will help you to prepare and understand the process.

Radiotherapy treatment planning

Shortly after arriving at the radiotherapy department the pre-treatment radiographers will discuss the preparation and planning procedure with you.

You will need to have bowel preparation as part of your treatment planning process. This will involve using an enema to empty your bowels. If you are worried that you will have problems with the preparation process, please discuss your concerns with your radiographer.

The aim of the preparation process is to make sure your rectum is in the same position at each treatment appointment. This allows the radiotherapy beams to target your bladder during each treatment and reduces the risk of side effects to organs nearby.

As part of the planning process you will also need to have a CT (computerised tomography) scan.

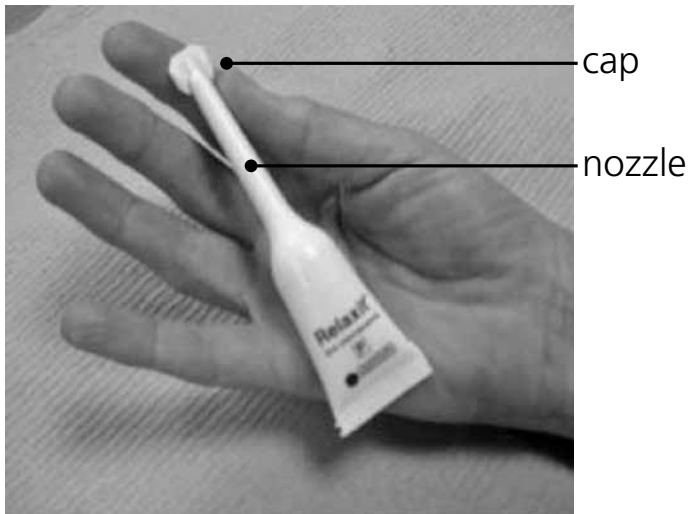
Bladder preparation

For a week before your appointment, increase your fluid intake so you are well hydrated.

You will need to have an empty bladder for treatment, as this should result in fewer side effects to organs nearby. If you struggle to empty your bladder, you may need a catheter during your CT scan and treatment. If you need this, we will discuss it with you.

Bowel preparation – use of a micro enema

The micro enema tube



At your planning CT appointment, the radiographers will give you a tube of micro enema and lubricating gel. The micro enema comes in a small tube (5mls/one teaspoon in volume) with a nozzle (see picture). The medication is inserted into your rectum through the nozzle. You will be asked to do this for yourself.

This causes your bowel to empty with a bowel movement or passing of wind. **If you have already opened your bowels on the day of the scan, you will still need to use the micro enema, to make sure that your bowel is empty.**

The need to have a bowel movement is usually felt within 10-15 minutes, with most people needing to visit the toilet only once. However, before your scan, please empty your bowel as often as you feel the need to.

The toilets are close to the reception and planning areas.

How to use the micro enema

1. After you arrive in the radiotherapy department, go to the toilet with the tube of micro enema and remove the cap. To make it easier to insert the nozzle into your rectum, spread some lubricating gel over the nozzle.
2. Gently insert the nozzle fully into your rectum. Squeeze out all the contents and keep squeezing the tube as you remove the nozzle. (This action prevents the medication from being drawn back into the nozzle.)
3. It is OK to empty your bladder at this time if needed.
4. Return to the waiting room. Go to the toilet to empty your bowel and bladder whenever you feel you need to. When you empty your bladder you should do so using the normal amount of force and time. Do not strain to empty every last drop of fluid from your bladder.
5. If, after approximately 15 minutes, you have not had the urge to empty your bowel, please try to do so, even if you only empty your bladder.

Please note:

- In the event that your rectum is already empty, the micro enema will have no effect. If this is the case, please do not be concerned and just let the radiographer know.

Preparation for treatment

After your planning scan, you will be given a prescription for the micro enemas. You will need to repeat the preparation process before each of your radiotherapy treatments. Bring one tube with you each day. If you forget to bring a tube with you, we can give you a replacement.

Although the prospect of using a micro-enema each day may sound unpleasant, research has shown that the use of an enema is beneficial and shouldn't cause you any harm.

When you arrive in the radiotherapy department, use your micro enema and once it has been effective, check in at reception.

Please speak to the radiographers looking after you if you need any further information.

How to contact us

Pre-treatment radiographers	01865 235 544
Radiotherapy reception	01865 235 465

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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