



Patient Information factsheet

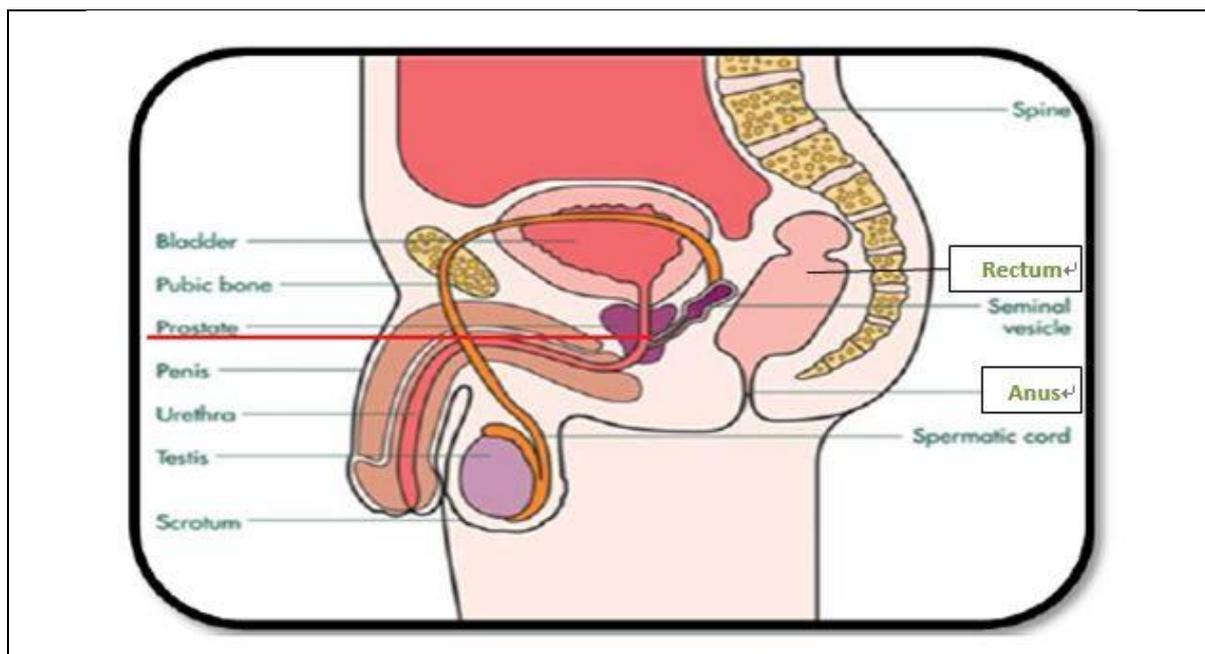
(Radiotherapy to prostate or prostate bed)

This leaflet explains the preparation you would need for your planning CT scan and radiotherapy

Introduction of IGRT prostate:

Image-Guided Radiation Therapy (IGRT) is the treatment approach of our hospital for prostatic cancer radiotherapy. The patient is imaged while on the treatment table immediately prior to receiving radiation treatment. Through advanced imaging before every treatment, the radiation target will be precisely localized with minimal risk to the surrounding normal tissues.

As the diagram below shows, prostate is close to the urinary bladder and rectum, therefore, filling in your bladder and rectum can affect the position of your prostate or prostate bed. If the filling of the bladder and rectum vary significantly from that on the day you have your planning CT scan, it means that the prostate could be in different position from the one we have planned for.



Our following advice aims to increase accuracy of each treatment and reduce the risk of any acute or long- term side effects by establishing regular bowel habit and increased hydration:

Dietary Advice

- : Eat regularly and avoid skipping meals in order to reduce or prevent bloating
- : Gentle exercise such as walking and stretching can help move wind and regulate your bowel movements
- : Increase daily fluid intake by drinking plenty of water (Keep the body hydrated can facilitate your bowel moving)

- : **Avoid** swallowing air when eating
 - Eat slowly and chew food well
 - Keep mouth closed when chewing
 - Avoid chewing gum
 - Sip drink rather than gulping

- : **Avoid** or reduce food that can cause wind or bloating
 - Vegetables in Brassica family (cabbages, sprouts, broccoli and cauliflower)
(However, do not eliminate all vegetables or dramatically alter your diet.)
 - Dried fruits such as muesli or similar cereals
 - Onions and lentils
 - Baked beans, nuts, peas, kidney beans, soya beans
 - Excessive amount of fruits especially prunes, kiwi fruit, raw apples, bananas
 - High fat, greasy and spicy foods
 - Caffeinated, alcoholic and fizzy (carbonated) drinks

Bladder Filling

On the day of your CT scan or radiation treatment:

- **Do not** have heavy meal 2 to 4 hrs before your appointment, but **do** drink as you usually would.
- You will be asked to empty your bladder first upon turning up (and bowels if you haven't already done so). Laxatives prescribed by Oncologist may also help.
- Then, you will be asked to drink about 500 ml (~5cups) of water.
- After that, you will need to wait for around 20-40 mins for your bladder to fill.
- Please do not empty your bladder until after your CT scan or treatment. If you cannot tolerate, please contact a member of staff.
- Staff will measure your bladder volume an ultrasound scanner at about scanning or treatment time.
- When your bladder feels comfortably full, the radiation therapist will take you in for your CT scan or treatment.

Finally, if your rectum is filled with too much gas or solid wastes or if your bladder is just not full enough, your scan or treatment will not be proceeded. The staff will advise you on what you need to do before they try another session.

*** Please follow the above dietary advice beginning the day when you are given the scanning appointment and continue with that until the end of the radiation treatment course, or otherwise as per advice by the oncologist or radiation therapist.

*** Please feel free to ask the duty Oncologist or Radiation Therapist if you have any enquires.