

Prostate Cancer – How to Prepare for Radiation Treatments

You have been scheduled for _____ radiation treatments.

How to Prepare for Your Radiation Treatment

To prepare for each treatment, you will need to:

- **Try to empty your bowels** before each treatment. If you often have constipation, talk to a member of your health care team.
- **Empty your bladder** about 30 minutes to 1 hour before your treatment.
- **After emptying your bladder, drink about 1 bottle of water (12 to 16 ounces)** before your treatment. It is important that your bladder is full during your treatment, but not so full that you are uncomfortable.

You will not be able to urinate again until after your treatment is done. If you are unable to wait, talk to a member of your health care team.

You do not need to fast before your radiation treatments. You can eat as you would normally, unless told otherwise.

If you have any questions, talk with your health care team or call the Radiation Oncology Department at (614) 293-8415.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.