

Bladder and Bowel Preparation for Prostate Radiotherapy

This preparation helps ensure that your bladder, rectum and prostate are in the same position as they were on the planning CT scan.

Why is bladder preparation important?

When having radiotherapy to the prostate it is important that you have a comfortably full bladder, and that you maintain a similar bladder size for each treatment.

The reasons for this are:

- a larger bladder will limit the amount of bladder and small bowel in the treatment area which will help to reduce any side effects you may experience
- it will help maintain treatment accuracy on a daily basis

Why is bowel preparation important?

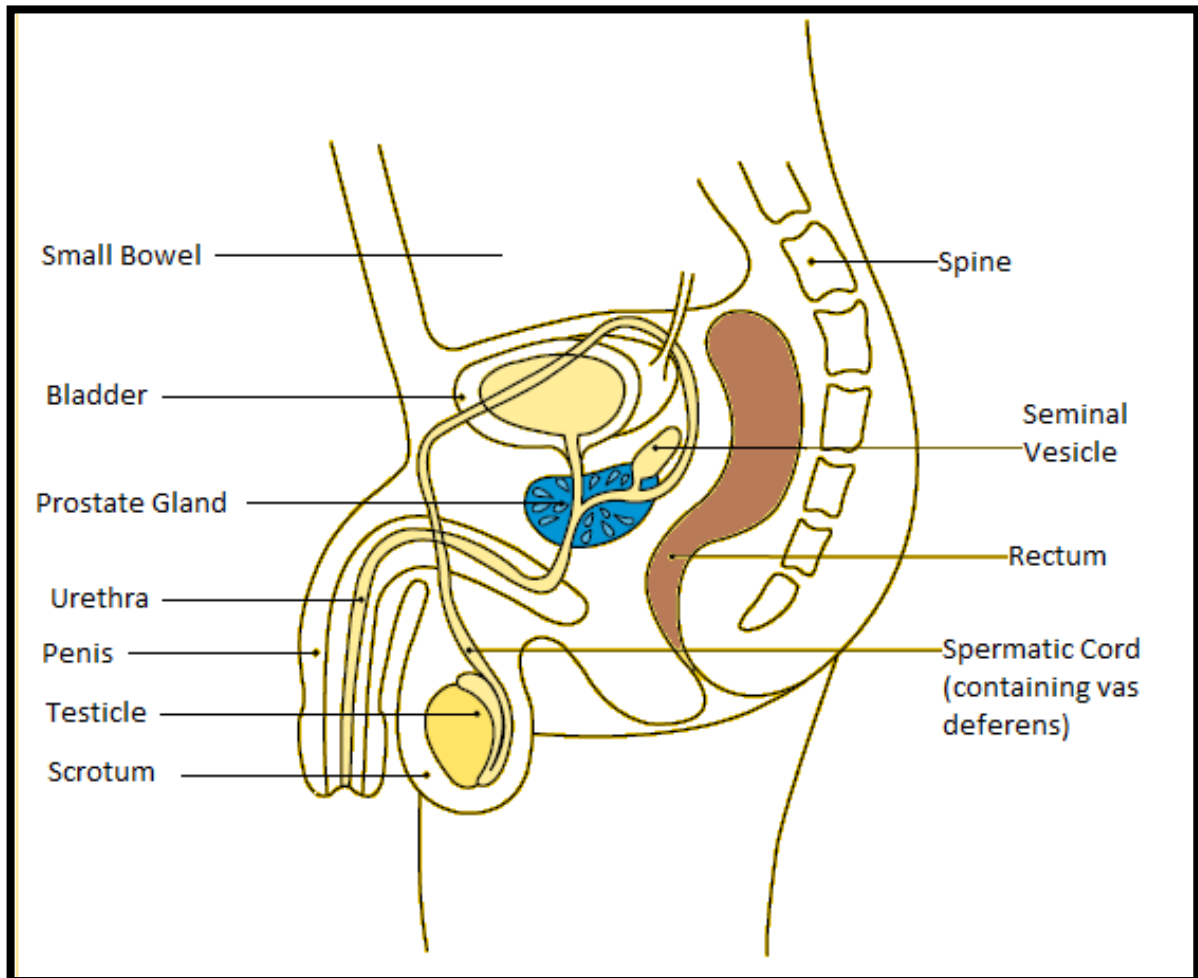
Daily bowel preparation before treatment is important because:

- it will improve the accuracy of your treatment
- it will reduce the risk of any long-term bowel side effects

Bladder preparation and the prostate

The prostate gland is part of your reproductive system. It produces most of the fluid that makes up semen that enriches sperm. The prostate needs the hormone testosterone to grow and develop

It is located just below the bladder and in front of the rectum. The position of the prostate is affected by the size and position of both your rectum and bladder.



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