

# Bladder and Bowel Preparation for Radiation Therapy Appointments

If you are having Radiation Therapy treatment to your pelvic area there is some preparation that you are required to do before attending planning and before treatment each day.

1. If possible, pass a bowel movement.
2. Empty your bladder forty five (45) minutes prior to your planning and treatment appointments.
3. Immediately after emptying your bladder, measure 500ml of water and drink it within fifteen (15) minutes.
4. Avoid emptying your bladder again prior to your appointment.
5. Keep hydrated and drink at least one (1) litre of water throughout the day. This will assist with filling your bladder.

If you have any questions you can contact the Patient Liaison Officer, Radiation Oncology on (02) 6244 2272.

## Accessibility

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If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

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