

PATIENT INFORMATION

Radiotherapy to the Female Pelvis: Preparation for Treatment

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

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Working with you, for you

Introduction

This leaflet has been written for female patients who are about to start a course of radiotherapy to the pelvis. Before starting radiotherapy planning and treatment you will need to follow special instructions on **preparing for your CT Planning scan and subsequent treatment**.

When having radiotherapy to the female pelvis it is important that you have a **comfortably** full bladder and an empty bowel. Ideally we would like you to open your bowels on a daily basis before planning and treatment. We need you to maintain a similar bladder size for each treatment. The reasons for this are:

- An empty bowel makes treatment more reproducible
- A larger bladder will limit the amount of bladder and small bowel in the treatment area which will help to reduce any side effects.
- It will maintain treatment accuracy on a daily basis.

What to expect when I come for my radiotherapy CT planning scan?

An hour before your appointment, please empty your bladder. We then would like you to drink 500ml of water over 15mins. This is three cups of water, which is available in the waiting room. You will be asked to wait for 45 minutes to allow your bladder to fill before you have your scan. If you do not feel that your bladder is full, please tell the radiographers. Please let the radiographers know if you have not been able to empty your bowel.

What to expect when I come for radiotherapy treatment?

Please follow the same procedure as for your radiotherapy planning scan. There is no need for you to attend an hour before your appointment if you are happy to carry out your bladder and bowel preparation at home.

It may be necessary to adjust timings and volume of fluids as treatment progresses. We would recommend that you try and keep well hydrated throughout your course of radiotherapy. Please aim to drink approximately 2 litres of fluid a day.

It may be necessary to recommend the use of laxatives or micro enemas if it is difficult for you to empty your bowels regularly. We will advise you accordingly.