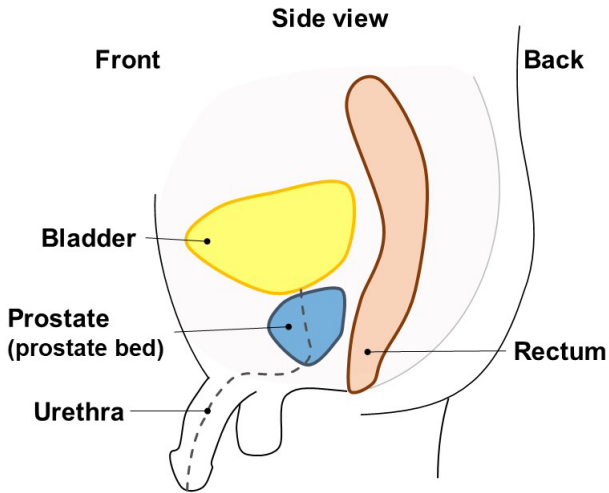


## Why do I need to prepare?

This image shows how your prostate sits between your bladder and rectum.



To keep your prostate from shifting and help make the radiation treatment more precise, you need an empty rectum and full bladder on your CT simulation **and** radiation treatment days.

**To prepare your bladder and rectum, follow the steps in this handout.** If you have questions, please call your radiation doctor's office.

## Patient and Family Education

# How to Prepare for your Prostate CT Simulation and Radiation



## What is a CT simulation?

A CT simulation is a scan that creates a custom 3D model of your anatomy. Also called a CT sim.

This image is custom to you and is used to make your unique radiation treatment plan.

**On your CT simulation day, you do not receive radiation treatment.**



**“I had a CT/MRI scan, what is this one for?”**

Past CT or MRI scans are used for other reasons. This CT simulation is used to create your custom 3D radiation treatment plan.

## How to prepare your rectum

### Goal:

Have 1 complete bowel movement (poop) each day.



Complete means that you feel like you fully emptied your rectum.

If you don't have 1 complete bowel movement each day, try to get into this routine **at least 2 days** before your CT simulation. Continue this routine throughout your treatment.

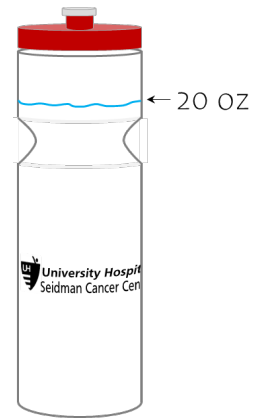
### Tips and tricks to have 1 complete bowel movement a day:

- ✓ over-the-counter stool softeners such as Colace
- ✓ over-the-counter laxatives such as MiraLax or Senna
- ✓ prunes or prune juice

## How to prepare your bladder

### Goal:

Finish drinking 20 ounces (20 oz) of water 45 minutes **before** your CT simulation and each radiation treatment.



Your care team will tell you to either:

- arrive early for your CT simulation and drink the water at our facility.

- or -

- drink water before you arrive

Your bladder should be **comfortably** full at the time of CT simulation and for each treatment.