

Contacts

If you need any further information please contact the Radiation Therapists on the numbers below.

Radiation Treatment Department
Level 2
Wellington Blood & Cancer Centre
Wellington Regional Hospital
Private Bag 7902
Riddiford St
Newtown

Telephone: 04 806 2000

Monday - Friday: 8am – 4:30pm

Preparation instructions for patients receiving radiation treatment to the prostate

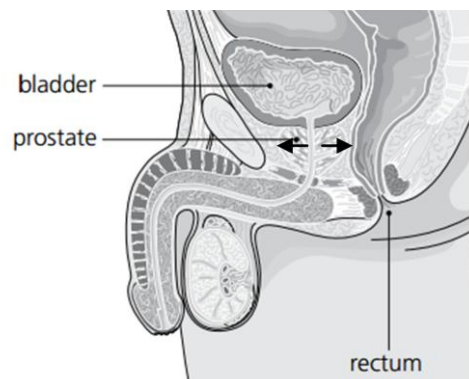
Radiation Treatment Department

Wellington Blood and Cancer Centre

Introduction

This information is designed to inform you and those close to you about your upcoming CT scan in the Radiation Therapy Department. This scan will be used to plan the radiation treatment to your prostate.

The prostate is located very close to your bladder and rectum and it can move depending on how full your bladder and rectum are. Therefore it is important to have your bladder and rectum in the same state at your planning CT scan as it will be for treatment. The advice contained in this booklet will help you achieve this.



A Radiation Therapist will contact you approximately 1 week before your CT scan to check how your bladder and bowel preparation is going. This phone call should take approximately 10 minutes. Feel free to write down any questions or problems you have to discuss during this phone call.

Ways to Reduce Gas in Your Rectum

Gas in your rectum may move your prostate. Exercise reduces the amount of gas in your rectum so if possible leave enough time to walk around before your appointments. Some foods can increase the amount of gas your body produces. Following the advice below may reduce the amount of gas produced.

How and what you eat also has an impact.

- Eat slowly and chew food well.
- Chew with your mouth closed to prevent swallowing air
- Eat regularly and avoid having an empty stomach
- Avoid using straws
- Avoid drinking fizzy drinks, pulpy fruit juice and alcohol
- Avoid chewing gum and sucking on lollies

Foods that may cause an increase in gas are:

- Vegetables: Onions, Celery, Corn, Brussels Sprouts, Cucumber, Cabbage
- Beans, lentils
- Fruit: Raisins, Bananas, Apricots, Prunes, Peaches, Pears
- Rich, fatty foods especially deep fried food

Please note, peeling the skin off fruits and cooking most vegetables will help to reduce gas.

If you are lactose intolerant or have any food allergies, please let the Radiation Therapist know when they call. We can tailor this information to suit your needs.

Increasing Fibre in Your Diet

If you do not have a bowel motion every day, try increasing the fibre in your diet. Some simple changes in your diet such as changing white bread for wholemeal bread can make a real difference.

The foods listed below are high in fibre.

- Wholemeal/ brown/fibre white bread
- Brown rice, wholemeal pasta
- Bran-based cereals, muesli, rolled oats
- Digestive biscuits, fruit biscuits, nut biscuits
- Kiwifruit, oranges, dried fruit, strawberries, rhubarb, pineapple, raspberries, feijoa, figs, black and red currants
- Crackers with kibbled wheat
- Nuts, fruit cake
- Popcorn
- Sesame seeds

It is important to read all the information in this booklet as some foods that are high in fibre, for example baked beans also increase the amount of gas your body makes. On the next page, there is a list of some of the gas producing foods.

If you are unsure please call the department or let the Radiation Therapist know when they call you.

Preparation Instructions

To ensure your prostate is in the same place each day, we ask you to have a comfortably full bladder and empty rectum for your CT scan and treatment. Please practice the advice below prior to your CT scan to identify any issues you may have.

Full Bladder

On the day of your CT scan, please arrive for your appointment 30 minutes prior and empty your bladder. We will then supply you with the correct amount of water.

Each day before treatment, please drink 3 cups of water (approximately 450mL) 30 minutes before your treatment time.

Empty Rectum

1. Please empty your bowels each day prior to your CT scan/treatment. Refer to the flow chart on pages 4-5 and follow the prompts to help you ensure your rectum is empty.
2. Read the advice on page 7 to help reduce the gas-causing foods in your diet.

