Radiation Therapy for Prostate Cancer:
How to Prepare for your MRI and/or CT Scan Appointments

Your pelvis contains many organs that are close to each other. These organs can move for many reasons. Following the instructions below will prevent your organs from moving around. This will help your procedure go well. Your radiation oncologist may not order an MRI for you.

Date | Time | What you need to do
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1 week before your MRI and/or CT Scan appointments | | Buy a Fleet Enema from your pharmacy.

Date: ____________

The day of your MRI and/or CT Scan appointments

Date: ____________

2 hours before your appointment | Give yourself the Fleet Enema (see 'how to give yourself a Fleet Enema' below).

1 hour before your appointment

1. Empty your bladder
2. Drink 2 cups of water (500 ml).
3. Do not empty your bladder after drinking the water. Your bladder should be comfortably full, but not painful.

If you have an MRI appointment
Go to the MRI department (for directions, see the attached map).

For your CT Scan appointment
Go to the B1 level of the cancer centre. Check in at one of the computers.

How to give yourself a Fleet Enema

1. Lie on your left side. Put your right leg over your left leg. Bend your right leg at the knee.
2. Take the cover off the Fleet Enema tip.
3. Gently insert the Fleet Enema tip into your rectum with a slight side-to-side movement. Do not force the enema tip into your rectum. Forcing it can cause you to injure yourself.
4. Squeeze the Fleet Enema bottle until most of the liquid is gone. The bottle may not be empty.
5. Remove the Fleet Enema tip from your rectum.
6. Stay on your left side (for 2-5 minutes) until your urge to have a bowel movement is strong.
Please talk to any member of your healthcare team if you have questions or you do not understand any of the information in this handout.

**If you have a problem or concern about a cancer related symptom**

1. Call your primary nurse at the cancer centre from 8:30 am to 4 pm, Monday to Friday (except on holidays). Your primary nurse will have given you the number to call.

2. Call the After-hours Symptom Management Telephone Service at 1-877-681-3057.
   - From 5 pm to 8:30 am, Monday to Friday.
   - On weekends and holidays at any time of the day or night.

If you are having a medical emergency, call 911 or go to the emergency department at the hospital closest to you.

Last reviewed: December 2019
Directions to the MRI Department from the Durham Regional Cancer Centre

1. Park in the south parking garage on Parkwood Court.
2. Go into the Durham Regional Cancer Centre (DRCC).
3. Turn left at the water display.
4. Turn right into the main hospital lobby.
5. Walk past the food court and gift shop.
6. Turn left after the gift shop. You will start to see signs for “MRI Registration.”
7. Turn left. You will pass the Fracture Clinic.
8. Turn right after the Fracture Clinic.
9. Turn right. You will see the elevators. Take the elevators down one floor to B1.
10. You will see the MRI Department on the left.

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