



## Radiation Therapy for Prostate Cancer: How to Prepare for Your Procedure

This handout will give you the information you need to prepare for your procedure. You will receive an **anesthetic** (a medication to put you to sleep) for your procedure. It is important you also read the handout about your procedure.

You will be given these appointments to prepare for your procedure.

Your appointment	Date/Time	Location	What you need to do
Blood work	Date: _____ Time: _____	cancer centre, main level	Check in at one of the computers on the main level. After you have your blood work done, go to the B1 level (lower level). Check in with the receptionist.
Teaching appointment with the nurse	Date: _____ Time: _____	cancer centre, B1 level	
DRCC EKG	Date: _____ Time: _____	cancer centre, main level	

### On the day of your procedure

You will be in the cancer centre for 3 to 4 hours.

Your appointment	Date/Time	Location	What you need to do
Your procedure	The receptionist will call you with this appointment. Date: _____ Time: _____	cancer centre, B1 level	Come to the cancer centre <b>1 hour before</b> your appointment time. Check in at one of the computers on the B1 level.

## Preparing for your procedure

Your rectum must be completely empty for this procedure. It is important that you follow all of the instructions below.

Date	Time	What you need to do
1 week before your procedure		Buy a Fleet Enema from your pharmacy.
The day of your procedure		<u>If you are diabetic</u> , bring your glucometer and diabetic medications with you to this appointment.  <u>If you have sleep apnea</u> , bring your CPAP machine to this appointment.
	8 hours before your procedure	Do not eat any food or drink any fluids before your procedure. Take your regular medications with a sip of water.
	2 hours before your procedure	Give yourself the Fleet Enema (see 'how to give yourself a Fleet Enema' below).
	1 hour before your procedure	Go to the B1 level of the cancer centre. Check in at one of the computers. A nurse will come to the waiting room to get you.

## How to give yourself a Fleet Enema

1. Lie on your left side. Put your right leg over your left leg.
2. Remove the protective shield from the enema tip before inserting it.
3. Gently insert the enema tip into your rectum with a slight side-to-side movement.
4. Do not force the enema tip into your rectum. This can cause you injury.
5. Squeeze the bottle until most of the liquid is gone. The bottle may not be empty.
6. Remove the tip from your rectum.
7. Hold this position until your urge to have a bowel movement is strong. This will take about 2 to 5 minutes.
8. Wash your hands when you are done.

## What will happen after you have your procedure

You will stay in the recovery area after your procedure. A nurse will care for you during this time. This procedure may make you feel uncomfortable. You may have some swelling of your rectal area. You may be given antibiotics and pain medications. You may also have nausea (upset stomach), dizziness or headache for up to 24 hours after your procedure. This is normal. You need to empty your bladder and be steady on your feet before you can leave the cancer centre. You will need to have an adult with you when you leave the hospital.

### What you can do after you have your procedure:

- An adult will need to stay with you for 24 hours after your procedure.
- Take acetaminophen (also called Tylenol) for mild pain or discomfort you may have. Your radiation oncologist may also give you a prescription for a stronger pain medication.
- Wrap an ice pack or bag of frozen peas in a towel. Put it on your rectal area for 20 minutes at one time. You can repeat this up to 6 times a day while you are awake. This may help lessen any discomfort or pain you have.
- You can still have sexual intercourse.

### Go to the emergency department at the hospital closest to you if you:

- Vomit for more than 6 hours
- Have shortness of breath
- Are not able to urinate
- Faint after your procedure
- Have a fever above 38.3° C/100.9°F at any time or above 38.0° C/100.4°F for more than an hour

### What you need to do to prepare for your MRI and/or CT Simulation 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
<b>1 week before</b> your MRI and/or CT Simulation appointments  _____		Buy a Fleet Enema Kit from your pharmacy.
The day of your MRI and/or CT Simulation appointments  _____	<b>2 hours before</b> your appointment	Give yourself the Fleet Enema (see 'how to give yourself a Fleet Enema' on page 2).
	<b>1 hour before</b> your appointment	<ol style="list-style-type: none"><li>1. Empty your bladder.</li><li>2. Drink 2 cups of water (500 ml).</li><li>3. Do not empty your bladder after drinking the water. Your bladder should be comfortably full, but not painful.</li></ol> <p><u>If you have an MRI appointment</u> Go to the MRI department (for directions, see the attached map).</p> <p><u>For your CT Simulation appointment</u> Go to the B1 level of the cancer centre. Check in at one of the computers.</p>

If you have any questions about your appointment dates, please call the radiation therapy receptionist at (905) 576-8711 extension 33856.

**If you have a problem or concern about a symptom or side effect from your cancer treatment:**

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 5 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

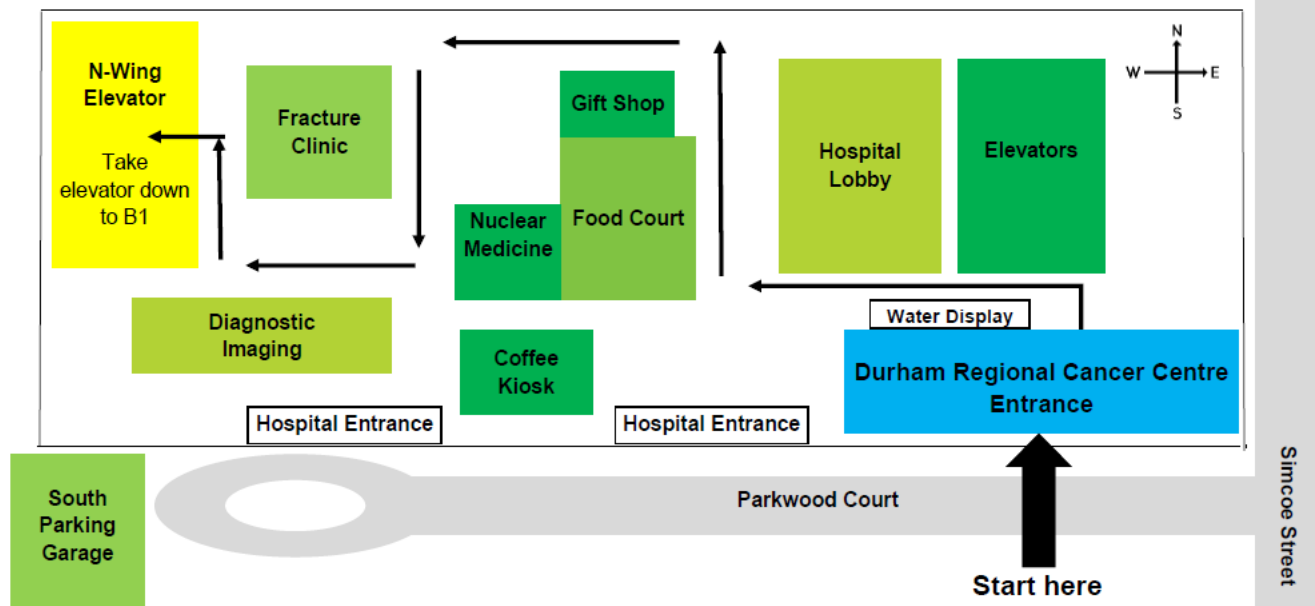
Talk to a nurse using one of these options:

- Call the after-hours telephone line at 1-877-681-3057.
- Request a video call by going to [www.carechart.ca](http://www.carechart.ca).
- Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Call 911 or go to the emergency department at the hospital closest to you for a medical emergency. Talk to any member of your healthcare team if you have questions or do not understand any of the information in this handout.

Last reviewed: November 2021

## Directions to the MRI Department from the Durham Regional Cancer Centre



### Directions

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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