



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

This handout will give you information needed to prepare for your procedure. You will receive a **local anesthetic** (freezing) 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 appointments	Date/Time	Location	What you need to do
Teaching appointment with the nurse	Date: _____ Time: _____	cancer centre, B1 level	

### On the day of your procedure

You will be in the cancer centre for 2 to 3 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
<b>1 week before</b> your procedure		Buy a Fleet Enema from your pharmacy.
The <b>night before</b> your procedure		Take the antibiotic your radiation oncologist prescribed for you. <b>**This may not apply to you.</b>
The day of your procedure	<b>2 hours before</b> your procedure  <b>1 hour</b> your procedure	Give yourself the Fleet Enema (see 'how to give yourself a Fleet Enema' on page 2).  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**

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 will be given an appointment for your CT Simulation. Your radiation oncologist may also order an MRI for you. These tests will be used to plan your external beam radiation treatments. Read the instructions on page 3 that tell you what you need to do to prepare for these appointments. You will be given a map with directions to the MRI department.

## **What you can do after you have 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 your discomfort or pain.
- 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	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.  <u>If you have an MRI appointment</u> Go to the MRI department (for directions, see the attached map).  <u>For your CT Simulation appointment</u> Go to the B1 level of the cancer centre. Check in at one of the computers.

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 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.

Call 911 or go to the emergency department at the hospital closest to you for a medical emergency.

Please talk to any member of your healthcare team if you have questions or do not understand any information in this handout.

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