



Saskatoon Cancer Centre Radiology Department Bowel and Bladder Preparation for CT Scan

Please note your CT scan appointment may take anywhere from 30 minutes to over two hours

Your rectum and large bowel must be completely empty for this procedure. If your rectum and large bowel are **NOT** completely empty, you may be required to use a glycerin suppository in the Radiation Therapy Department or the procedure will be rescheduled and the preparation will be repeated.

You are required to purchase an **oral laxative** from your local pharmacy. We suggest using the laxative brand **Dulcolax 5mg Tablets** (if you have had seeds placed into your prostate, this is the same brand that you used for that procedure). If this brand is not available, please speak to your pharmacists about a similar product you could use.

When do I begin my bowel preparation?

- If you had seeds placed into your prostate:
Following the day of the seeds placement, continue to take 2 tablets of the Dulcolax every evening up to the day of the CT scan.
- If you did **not** have seeds placed into your prostate:
Begin taking 2 tablets of the Dulcolax every evening, 7 days prior to your CT scan.

Please note that if you start to have liquid bowel movements or diarrhea you can adjust this to one tablet.

What happens on the day of the CT scan?

Eat regularly on the day of your CT scan.

Because we require you to have an empty rectum and a full bladder, we ask that you try to have a bowel movement prior to your CT scan. As well, we ask that you come with a full bladder.

When and how much should I drink to fill my bladder?

Everyone is a little different in how long and how much water is needed to fill their bladder.

To help with regular filling of the bladder, we ask that you begin drinking 7-8 glasses of water daily after your seed implant or 7 days prior to your CT scan. You may have coffee or tea but these fluids should not be counted as part of the 7-8 glasses of water. We recommend that you try to drink as close to 1 litre of water as you can about 2 hours prior to your CT scan.

Some men have difficulty holding their urine and we advise that you do the best that you can and adjust as you feel is necessary. If you do not have a full bladder at the time of their CT scan, you will be told to drink more water prior to the scan.

Please note that we wish for your bladder to be full but not bursting to the point where you cannot hold your urine.

What happens if my rectum is not empty enough?

If your rectum is not empty enough for the CT scan, you will be required to have an enema to help empty the rectum. Once you have had a bowel movement and your bladder is full again, you will have your scan.

What do I do after my CT Scan?

Following your CT scan, we ask that you continue to take 2 Dulcolax tablets every night and continue this even after you begin your radiation treatments.

Please note that if you start to have liquid bowel movements or diarrhea you can adjust the dosage to one tablet.

We encourage you to continue to drink lots of water to help keep yourself hydrated making bladder filling easier every day for treatment.

Eat a regular diet.

If you are on a protocol study follow the information provided to you by the radiation oncologist or protocol coordinator.