Prostate radiotherapy
Bowel and bladder preparation
Information for patients

Please follow this advice before your planning scan and everyday before treatment.

Step 1 Using your Microenema

- You need to use your enema even if you have emptied your bowels already that day.
- Your enema can take from 15-45 minutes to work.
- If you have not emptied your bowels after 45 minutes ask the reception staff to contact a radiographer.
- Do not use a second enema unless advised by a member of staff.
- Empty your bladder when you empty your bowels.

Bring two enemas each day in case you need to use a second. Let us know when you’re running short of supplies.
Step 2 Filling your bladder

- When you have emptied your bowels please check in at main reception. Start drinking 45 minutes before your treatment appointment time.

- Drink three cups or one provided bottle of water over the next 15 minutes. There are water fountains in each waiting area.

- It will take 30 minutes for your bladder to fill up after finishing drinking.

If you find that your bladder becomes uncomfortably full, please tell the receptionist.

Remember to check the patient information screens to see if your treatment machine is running behind and delay your drinking if necessary.

If you have any questions, please ask one of the radiographers in your treatment team or see your information leaflet, ‘Having a microenema before prostate radiotherapy’.