You will be coming to Bexley Wing at St James’s University Hospital shortly for your radiotherapy planning appointment.

For this scan and your treatments we need you to have a full bladder and an empty rectum (lower part of the bowel).

To help this please follow the directions below:

1. Drink plenty of non-fizzy fluids for at least 48 hours before your scan (water, squash, de-caffeinated drinks etc).
2. There is no need to fast before your scan. Make sure you continue to eat normally and regularly.
3. It is important to keep this up before and during your treatment.
4. Follow the diet advice in the radiotherapy booklet and avoid things that you know makes you gassy/windy (certain foods, beer etc).
If you have been given a laxative, please follow the directions on the box, starting them a week before your scan and again a week before treatment.

Drinking plenty of fluids throughout the day will keep your body hydrated. If your body is not well hydrated it will absorb the water you drink immediately before your scan and your bladder will not be full enough.

Please ring 0113 206 8159 if you have any further questions about your scan.

For more information about your prostate treatment please see your leaflets *Radiotherapy to the prostate*. 