



# Prostate Radiation Treatment Guide

## ON THE DAY OF SIMULATION: (Treatment Planning)

Due to the proximity of bowel and rectum to the prostate gland, it is very important to ensure that all gas and stool be expelled prior to your planning session. It is also important to void stool prior to daily treatments as well.

We suggest using one of the following for this prep:

1. MIRALAX laxative powder  
DULCOLAX laxative tablets

These items may be purchased at any drugstore/pharmacy in your area.

- 1 Starting the night before, about 6PM, take laxative as directed on the box/bottle.
- 2 Take 2 anti-gas tablets (Gas X, Simethicone tablets, etc.) before leaving for your appointment with one bottle of water.
- 3 You may have a light breakfast in the morning, but do not eat anything that may give you gas. (See attached recommendations)
- 4 We recommend wearing sweatpants with no zippers or metal.

## ON DAYS OF SCHEDULED TREATMENT:

Please refer to the diet considerations for patients receiving pelvic radiation.

-Try to void stool before every radiation treatment.

-Urinate about 1 hour before treatment, then drink 12oz water for a comfortably full bladder for treatment.

If you have any questions, please contact your doctor for any additional instructions for treatment.