

## Bladder and Bowel Preparation for Radiation Therapy

Your pelvis contains many organs (body parts) that are close together. These organs can move for many reasons. Bladder and bowel preparations help reduce these movements to make sure your organs are in the best position for radiation treatments. This handout offers information on how you need to prepare.

**Follow the instructions checked off by your healthcare team.**

### Enema for CT Simulation/MRI appointment

Buy a Fleet Enema kit from your pharmacy. Give yourself the enema **2 hours before** your CT simulation/MRI appointment. You do not need to use an enema for your external beam radiation treatment appointments.

Instructions for giving yourself an 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.

### Empty rectum

If you can, have a bowel movement before each of your:

- CT simulation/MRI appointments
- External beam radiation treatment appointments

### Full bladder

**Empty your bladder 1 hour before** your appointment. Drink 2 cups (1 cup = 250 ml) of water in 15 minutes. Do not empty your bladder before your appointment. Your bladder should be comfortably full, but not painful. **You need to have a full bladder for your CT simulation/MRI appointments and all of your external beam radiation treatments.**

### Empty Bladder

Drink normally throughout the day. Empty your bladder just before your appointment.

Last reviewed: March 2025