

# Preparing for your gynecological radiation planning – CT simulation

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## What to do before your planning appointment

- **Do not** eat foods that cause gas or bloating for at least 3 days before your appointment and during treatment. It is best to avoid foods such as broccoli, beans and cabbage. Each person is different and you know your body best.
- Drink at least 3 glasses of water and/or juice each day starting today, for a minimum of 3 days before your planning appointment. You need to be well hydrated.
- The goal, we suggest, is to have a comfortable full bladder. Bring one liter (34 ounces) of water with you to your appointment. Start drinking the water when you arrive at the Juravinski Cancer Centre.
- You **do not** need to fast before your Radiation Planning CT Simulation appointment. Other than the points listed above, you may eat and drink as usual.