

# Preparing for your Prostate Radiation Planning – CT simulation

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It is very important for you to have an empty rectum for Prostate Radiation Planning — CT simulation.

## What to do before your planning appointment:

- Do not eat gassy foods 3 days before your appointment, such as broccoli, beans and cabbage. Each person is different and you know your body best. As a general guideline avoid foods that are very high in fibre like peaches, cherries, fibre rich granola bars and cereals.
- Drink at least 3 glasses of water and/or juice each day starting today, or a minimum of 3 days before your planning appointment. You need to be well hydrated.
- Take 2 Dulcolax tablets at 4:00 pm each day for 3 days before your appointment.
- Drink one liter (34 ounces) of water before your appointment.
- You **do not** need to fast before your Radiation Planning CT— Simulation appointment. Other than as specified above, you may eat and drink as usual.