



Prostate Radiation: CT and MRI Simulation Preparation Instructions & Fractionated Treatment Instructions

CT Simulation

What preparation is required for my CT Simulation?

1. If possible, try to have a bowel movement 4-6 hours before you arrive.
2. Do an enema if you are unable to have a bowel movement, have a history of constipation or are currently constipated. To view instructions for doing an enema visit <http://careguides.med.umich.edu> and type “tap water enema” into the search box.
3. 1 hour and 15 minutes before your CT Simulation time:
 - Empty your bladder and have a bowel movement (if possible).
 - You will then need to drink 20 ounces of water. You will need to finish drinking the water 1 hour before your appointment to avoid delays.
 - For example, if your CT Simulation is scheduled for 9:00am, at 7:45am try to empty your bladder and drink 20 oz. of water by 8:00am.
 - Do not drink any additional fluids and try not to void your bladder until your treatment is complete

MRI Simulation (If prescribed by your doctor)

What preparation is required for my MRI Simulation?

1. If possible, try to have a bowel movement 4-6 hours before you arrive. Do an enema if you are unable to have a bowel movement, have a history of constipation or are currently constipated.
2. 45 minutes before your MRI Simulation time:
 - Empty your bladder and have a bowel movement (if possible).

- You will then need to drink 20 ounces of water. You will need to finish drinking the water 30 min. before your appointment to avoid delays.
 - For example, if your MRI Simulation is scheduled for 9:00am, at 8:15am try to empty your bladder and drink 20 oz. of water by 8:30am.
 - Do not drink any additional fluids and try not to void your bladder until your treatment is complete

Fractionated Prostate Radiation Treatments

What preparation is required for my Radiation Treatments?

1. If possible, try to have a bowel movement 4-6 hours before you arrive.
2. 1 hour and 15 minutes before your radiation treatment time:
 - Empty your bladder and have a bowel movement (if possible).
 - You will then need to drink 20 ounces of water. You will need to finish drinking the water 1 hour before your radiation treatment to avoid delays.
 - For example, if your radiation treatment is scheduled for 9:00am, at 7:45am try to empty your bladder and drink 20 oz. of water by 8:00am.
 - Do not drink any additional fluids and try not to void your bladder until your treatment is complete

Why is it important to empty my bladder and have a bowel movement?

Your bladder and rectum (the lower part of your large intestine ending at the anus) are very close to your prostate, so they can change the position of your prostate. By emptying your bladder and having a bowel movement the same way for each of your simulations and daily radiation treatments, it will allow us to safely deliver your radiation therapy as well as reduce potential side effects.

Who do I contact if I have questions?

If you have any questions, contact Radiation Oncology Nursing at (734) 936 4300.

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