

# Prostate Radiation: CT and MRI Simulation Preparation Instructions & SBRT Treatment Instructions

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## CT Simulation

### What preparation is required for my CT Simulation?

#### The day before:

Complete the following bowel prep to ensure you have an empty rectum:

1. At 12:00 p.m. (noon) take 2 Dulcolax® laxative tablets.
2. Between 5:00-7:00 p.m., drink one 8-ounce glass of Miralax®/Gatorade® solution and continue drinking one 8 ounce glass every 15-20 minutes until mixture is gone. (See recipe below).
3. Mix 4 ounces of Miralax® (about 7 heaping tablespoons) into 32 ounces of Gatorade®, G2®, Gatorade Ice®, Powerade®, Powerade Zero® or your choice of electrolyte containing beverage. We suggest chilling the beverage for a few hours before drinking it.

#### The day of:

1. If possible, try to have a bowel movement 4-6 hours before you arrive.
2. 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 empty your bladder until your treatment is complete

## **MRI Simulation (If prescribed by your doctor)**

### **What preparation is required for my MRI Simulation?**

#### **The day before:**

Complete the following bowel prep to ensure you have an empty rectum

1. At 12:00 p.m. (noon) take two Dulcolax® laxative tablets.
2. Between 5:00-7:00 p.m., mix 17gm of Miralax® (about 1 tablespoon) into 4 to 8 ounces of Gatorade®, G2®, Gatorade Ice®, Powerade®, Powerade Zero® or your choice of electrolyte containing beverage. We suggest chilling the beverage for a few hours before drinking it.

#### **The day of:**

1. If possible, try to have a bowel movement 4-6 hours before you arrive.
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 empty your bladder until your treatment is complete

## **SBRT Prostate Radiation Treatments**

### **What preparation is required for my Radiation Treatments?**

#### **The day before:**

Complete the following bowel prep to ensure you have an empty rectum:

1. At 12:00 p.m. (noon) take 2 Dulcolax® laxative tablets.
2. Between 5:00-7:00 p.m., Mix 17gm of Miralax® (about 1 tablespoon) into

4 to 8 ounces of Gatorade®, G2®, Gatorade Ice®, Powerade®, Powerade Zero® or your choice of electrolyte containing beverage. We suggest chilling the beverage a few hours before drinking it.

**The day of:**

1 hour and 15 minutes before your radiation treatment time:

1. Empty your bladder and have a bowel movement again (if possible).
2. 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.
3. Do not drink any additional fluids and try not to empty your bladder until your treatment is complete.
4. Start taking your Tamsulosin (Flomax®) as prescribed at bedtime if you do not already take this medication.

**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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Author: Emily Talmich, PA-C, Deanna Carr-West B.S.R.(T)  
Reviewed by: Daniel Spratt, MD  
Plain language editing: Karelyn Munro, BA

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