



RADIATION THERAPY TREATMENTS

FULL BLADDER PROTOCOL

You are required to follow the protocol for a full bladder before each of your treatments. You must also abide by this protocol if you are scheduled for a scan in Radiation Oncology, so we can realistically and adequately plan your treatments.

FULL BLADDER PROTOCOL

On the day of your treatment, urinate one (1) hour before your appointment, then drink a total of 500 ml of water (approximately two [2] glasses) within the next thirty (30) minutes and do not urinate until your treatment.

Example:

Your appointment is at 9 a.m. You should urinate at 8 a.m. and drink the two (2) glasses of water (500 ml total) between 8 and 8:30 a.m.

Your appointment is at: ____ : ____

- Urinate (empty your bladder) at: ____ : ____
- Drink the water (500 ml total)
Between: ____ : ____ and ____ : ____

Ideally, you should have a bowel movement before starting the protocol.

This is the standard protocol, but each person is different. It is therefore important to adapt it to your situation. For your treatments, you should have a comfortably full bladder, i.e. feel the urge to urinate, but be able to wait.

QUESTIONS & ANSWERS

WHY MUST I HAVE A FULL BLADDER DURING MY RADIATION THERAPY TREATMENT?

This approach helps minimize the side effects. When your bladder is full, it distances itself from the treatment area and is therefore exposed to less radiation. A full bladder also pushes part of the intestines (the intestinal loops) higher and reduces the

risks of diarrhea. In addition, having a full bladder enhances the accuracy of the treatment.

WHEN SHOULD I START TO FOLLOW THIS PROTOCOL?

We suggest that you practise following this protocol a few days before starting treatments to see if the protocol is realistic in your case. You may adjust the amount of water to be taken or the timeframe, as needed. It is important that when you arrive for your appointment (treatment or scan), you have the sensation that your bladder is full. You must also be able to follow the protocol daily for all of your treatments.

MAY I DRINK SOMETHING OTHER THAN WATER?

The glasses of water may be replaced by any other liquid, unless you have to fast before your treatment. You must not replace the glasses of water with coffee or beer because these beverages can increase your urge to urinate.

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Revision and layout

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