

# PROSTATE RADIATION INSTRUCTIONS

## Simulation:

You will be given a preparation sheet that you will need to follow prior to the day of your CT simulation. Follow the instructions in order to ensure a good exam. Your provider may discuss a specific regimen with you.

## Treatment:

Once you have your appointment to start treatment, you may be asked to begin the following. This is to get your body ready for treatments.

- A regimen of taking beano® after all meals
- Adding a fiber supplement such as Benefiber® daily
- Keeping yourself well hydrated.
- Avoid carbonated beverages.
- Follow a low residue diet.

**While you are under treatment, it is very important for you to follow these instructions daily prior to your radiation treatment:**

- If possible, attempt to have a bowel movement. Doing this lessens the amount of stool and gas in the treatment area.
- Drink 12-16 oz. of water (1 bottle size) to ensure that your bladder is full at the time of your treatment.

