

# CANCER INSTITUTE PROGRAMS

## Prostate Treatment Patient Instruction Sheet

This treatment is a unique type of external beam radiation treatment that requires intricate and precise planning, quality checks, and positioning coordinates. Your patience and cooperation in reading over this sheet and following the **patient instructions** below will help us in delivering the ideal treatment plan for you. All appointments will be in the radiation oncology department.

### OVERVIEW:

Step 1: Initial Consult - Meet with Radiation Oncology Nurse

Step 2: Treatment Planning CT

Step 3: First treatment appointment

Step 4: Daily treatments

### Step 1: Initial Consult Visit - MEETING WITH NURSE/PATIENT EDUCATION:

While receiving treatment, it is important to have regular bowel movements and minimize gas within the bowel, as it may interfere with the daily treatment set-up. The goal is to get you to the point of having regular bowel movements each day. Please ask to see the radiation oncology nurse for instructions on any diet changes or over-the-counter (OTC) medications, if you have irregular bowel movements.

In order to avoid gas within the bowel, many patients find the use of an OTC supplement (such as Beano®) and/or an OTC medication (such as simethicone – chewable Gas-X® or Phazyme®) before meals and bedtime can minimize gas. Although some patients must follow a strict diet in order to minimize treatment interruptions. Please avoid foods which are known to cause gas (such as beans, cabbage, cauliflower or broccoli). If this is not effective, you will be referred to the RN or dietitian to implement a Low Gas Diet.

**Patient Instructions:** Prior to each of the next steps (2 through 5) please do the following: 45 minutes prior to procedure empty your bladder and drink 24 ounces of fluid (water, juice, or decaffeinated beverage). Do not empty your bladder until the procedure is completed.

**Step 2: TREATMENT PLANNING CT** (approximate length of appointment: **30-45 minutes**)

**Patient Instructions: Procedure to be done with a full bladder**  
**Do a Fleet (saline) enema 2 hours before your scheduled appointment.**

During the CT, in some cases, the doctor **may** request that a positioning device be created. The therapist will notify you if this is going to be done. This device is molded under your legs from your knees to your feet. The device allows us to immobilize your legs in the proper position, and reproduce your treatment position each day.

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## **Step 3: FIRST TREATMENT** **30 min)**

(approximate length of appointment:

### **Patient Instructions: Procedure to be done with a full bladder**

This appointment is used to ensure that the treatment plan created for you reproduces exactly as the radiation oncologist has prescribed on the treatment machine.

## **Step 4: DAILY TREATMENT** **appointment: 20 min)**

(approximate length of

### **Patient Instructions: Treatment to be done with a full bladder**

Your therapist will work with you to schedule a daily treatment time.

***Questions?** Call the radiation oncology department @ 949-764-5528 and ask to speak to the RN.*