

Important - preparation for radiotherapy treatment

Radiotherapy Department [Patient information](#)

Why is preparation important?

It is important to make sure radiotherapy is given in exactly the right place. Before radiotherapy you will have a planning scan. This is to plan where to treat with radiotherapy.

The bladder gets bigger as you drink. This pushes parts of the body into different places. Drinking a set amount before your radiotherapy will help keep your bladder the same. This will then keep what we are treating in the right place. This can reduce delays at your treatment appointment.

How much should I drink?

Drinking throughout the day:

- Please drink two litres of fluid through the day during your course of treatment. This will keep you well hydrated.
- This means when you drink for your radiotherapy treatment it will go to your bladder. If you have not drunk enough, the water does not go to your bladder and will go to other parts of your body
- Avoid drinking caffeine and alcohol if possible. This can be dehydrating.

Drinking a set amount before your radiotherapy treatment:

- We will give you a set amount to drink.
- This will be a set time before your treatment.
- This is to have your bladder the same size as when you had your planning scan.

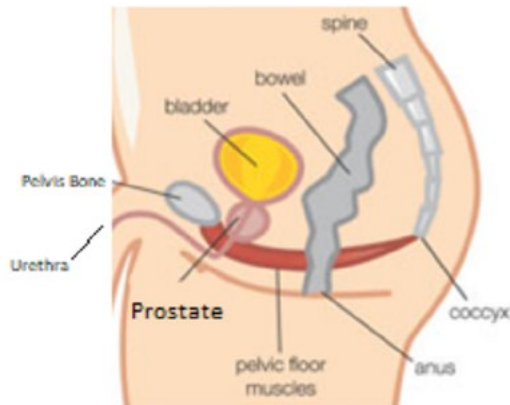
Checking the size of your bladder:

- How full your bladder is will be checked every day of radiotherapy with an ultrasound scan.
- You may need to repeat your preparation if your bladder is not full enough.

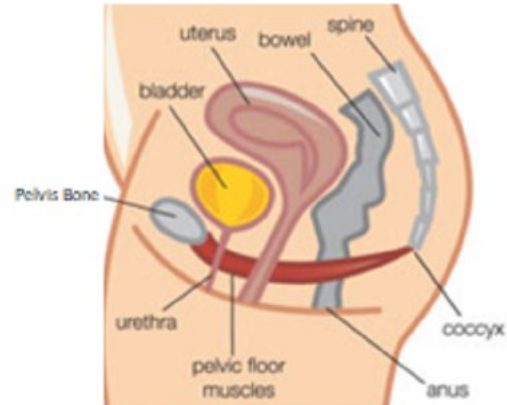
Once you start your drinking for treatment, do not go to the toilet. If you do need to go to the toilet, tell a member of staff.

Internal anatomy

Man



Woman



Contact details

If you have any questions you would like to speak about before your appointment, please call the Radiotherapy Department on **0300 019 2579**.

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