

SABR / PACE prostate radiotherapy preparation

Oncology Services Patient information

Please read this information carefully.

Bowel preparation

The prostate gland is very close to other organs in your pelvis. To reduce the risk of side effects from the radiotherapy your rectum (back passage) needs to be empty of gas and faeces (poo) when you have your planning CT scan and at each of your treatment days.

You will be prescribed a micro-enema for you to use before your radiotherapy planning scan and treatment.

Before your planning scan you will need to use the micro-enema

1. Two days before your scan
2. The day before your scan
3. The day of your scan

Before your first treatment

1. Two days before your first treatment
2. The day before your first treatment

For each treatment

1. On the day of treatment

On the days before your scan and first treatment appointment, when you don't need to go to the radiotherapy department, you will use the enema at home. Use the enema at around the same time you would come to the hospital for your scan or treatment.

For your scan appointment arrive at the time the radiotherapy team have told you too. For your treatment appointments please arrive 1 hour early. This is so that you can get your bowels and bladder ready before your radiotherapy.

Instructions for using the micro-enema

- 1 Make sure you are close to a toilet before using the micro-enema.
- 2 Find a position that is comfortable, for example, lying on your side with knees drawn up, or sitting on the toilet.
- 3 Twist off the cap to remove it.

- 4 Squeeze out a drop of the contents to lubricate the nozzle.
- 5 Insert the full length of the nozzle into your bottom.
- 6 Gently squeeze the tube until it is empty.
- 7 Keep squeezing the tube as you remove the nozzle, as this will stop the contents from being drawn back into the tube.
- 8 Dispose of the micro-enema in the bin.
- 9 Wash your hands after use.

The micro-enema usually works within five to fifteen minutes and you will feel the urge to open your bowels (go for a poo). If this does not happen after fifteen minutes, gently try to open your bowels.

If this does not work, let the radiographers in the radiotherapy department know. You can do this when you come to the department, tell them before you have your scan or any treatment.

Possible side-effects

Using a micro-enema does not usually cause any side effects. Sometimes, it may cause slight abdominal cramping until you have emptied your bowels.

When not to use the micro-enema

- If you are allergic to sodium citrate, sodium lauryl sulphoacetate, sodium alkylsulfoacetate, sodium lauryl sulphate, glycerol, or any other ingredients of micro-enemas such as sorbitol solution or potassium sorbate.
- If you have an inflammatory bowel disease such as Crohn's disease or Ulcerative Colitis. It is ok to use the micro-enema if you have Irritable Bowel Syndrome (IBS).

Bladder preparations

You will also need to fill your bladder before your planning scan and for each treatment. A separate information leaflet is provided for information about how to prepare your bladder. The radiographers at the planning scan will go through each step with you before your scan

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