

Prostate Simulation and Treatment

- **Simulation (CT planning) Instructions**

In preparation for your simulation, please give yourself a Fleet's enema at least 2 hours prior to your appointment time. Fleet's enemas can be purchased over-the-counter at any local drugstore. Please make sure to continue on a clear, liquid diet until after the simulation.

Also for the simulation, please drink 16oz of water 30 minutes prior to treatment. Then, **DO NOT URINATE** until after the simulation is completed. **Note:** It is very important for you to be comfortable with the fullness of your bladder. If that is not possible with 16oz, please decrease the amount of water intake until you are comfortable.

- **Treatment Instructions**

After completing the simulation, please begin the following regimen. Begin taking Metamucil® Powder as directed. Metamucil® can also be purchased over-the-counter at any drugstore.

Directions:

Mix Metamucil® Powder with at least 8 ounces of water or your favorite beverage.

Adult 12 years and older:

- **1 rounded TABLESPOON Coarse Milled Original Texture Orange Flavor in 8 oz of liquid 3 times daily.**
OR...
- **1 rounded TEASPOON Smooth Texture Sugar Free Orange Flavor in 8 oz of liquid 3 times daily.**

Also throughout the course of treatment, please drink 16oz of water 30 minutes prior to treatment. Then, **DO NOT URINATE** until after the treatment is completed. **Note:** It is very important for you to be comfortable with the fullness of your bladder. If that is not possible with 16oz, please decrease the amount of water intake until you are comfortable.

The purpose of the Metamucil® is to cut down on gas and stool in the rectum during the radiation treatments. Gas and stool in the rectum can affect the position of the prostate.

The purpose of drinking the water prior to treatments is to make sure the bladder is full, which helps get more of the normal bladder out of the field of radiation.

This regimen is to ensure a full bladder and empty rectum during treatment, which will help in proper targeting of the prostate and minimizing side effects.