Please take these steps to prepare for your radiation therapy:

1. Try to have a bowel movement the morning of your radiation treatments.
2. One hour before your appointment, go to the washroom and empty your bladder.
3. Right after you empty your bladder, drink a large glass of water (fill the cup that we gave you).
4. Do not go to the washroom until after your appointment.

Why are these steps important to follow?
Your bladder, rectum, and bowel can change the position of your prostate. By keeping these organs the same size for your planning CT and daily radiation treatments, your radiation therapy will be more accurate. This will also help to reduce some of the side effects from your radiation therapy.

What if I have to empty my bladder before my treatment?
You may be asked to drink more water and wait at least 30 minutes to get some fullness in your bladder.

DO NOT take extra fibre or laxative to help you have a bowel movement, unless it is part of your normal routine.

If you have any questions, please talk to a member of your radiation team at your next visit.
1. Drink 8-10 cups of water every day.
2. Walk for at least 20 minutes every day.
3. Avoid eating foods that may cause gas (see chart below).

By keeping your bowels regular and limiting intestinal gas, your radiation therapy will be more accurate and you will experience less side effects. There are many reasons why you may have gas, but often it comes from swallowing air while you eat or drink, or from certain foods in your diet.

Helpful Hints to Swallow Less Air:
- Eat food slowly and try to relax while you eat.
- Try not to talk while you’re eating.
- Drink from a glass instead of a straw, bottle, or can.
- Avoid chewing gum and sucking on hard candy.
- Drink warm fluids instead of hot. You may swallow air when hot drinks are sipped.

Foods to Avoid

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<thead>
<tr>
<th>Foods to Avoid</th>
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<tr>
<td>High fat, greasy foods, fried foods</td>
<td>High fibre breads and cereals</td>
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<tr>
<td>Sauerkraut, pickles and other foods made with vinegar</td>
<td>Legumes (bakes beans and other beans, green peas, lentils, etc.)</td>
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<tr>
<td>Carbonated beverages (pop), alcohol (including beer)</td>
<td>Pop and fruit drinks that are sweetened with high-fructose corn syrup</td>
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<td>Broccoli, cabbage, cauliflower, corn, cucumbers, garlic, onions, peppers, spinach, squash, turnip</td>
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Please speak with a Registered Dietitian if you need more information. You can call Supportive Care at 519-685-8622 to make an appointment with a Registered Dietitian. You do not need a referral.