

Daily Bladder and Bowel Preparation for SBRT Treatments

Take one Fleet® enema 2.5 hours before your arrival to your appointment for radiation planning. One additional enema will need to be completed 45 minutes prior to leaving for your appointment.

To make sure you have a bowel movement follow these instructions:

- To use the Fleet enema, lie down on your side with your knees bent. Remove the cap from the applicator tip and gently insert into your rectum. Slowly squeeze bottle to empty the contents into the rectum.
- For best results, stay lying down until you feel the urge to have a bowel movement. This should happen within **2 – 15 minutes**.
- If you are not able to produce a bowel movement, please ask to speak with a nurse.

After second enema:

- Drink 20-40 oz. of water or any other beverage before your treatment.
- Do not urinate until after your treatment. If you cannot hold your bladder, please talk to a nurse.
- If this does not fill your bladder, you may need to drink more fluid or wait for a longer period of time.
- This will be necessary for all of your appointments.

Treatment Date: _____

Treatment Time: _____