

# Daily Bladder Preparation for Treatments

Follow these guidelines to make sure you will have a **comfortably full** bladder. **The day of your treatment:**

- ✦ Drink water throughout the day to ensure your body is hydrated. This will help with bladder filling.
- ✦ Depending on personal timing for bladder fill, for daily treatments bladder filling can be done on the way to the radiation oncology clinic.

The following are general guidelines, but can be different for each person:

- ✦ 60 minutes prior to your scheduled radiation treatment time, empty your bladder.
- ✦ In 5-10 minutes drink 22-24 ounces of water. If you do not feel like your bladder is full after 45 minutes, then you need to drink more water.



- One standard water bottle is 16 ounces.
- You will need to drink between 2-3 bottles of water or a beverage similar in size.

- **Do not** urinate again until after your treatment.
- If you cannot hold **15 – 20 ounces** of water for 30 minutes, ask to talk to a nurse.

**This bladder preparation will be necessary for each of your daily treatments.**

Treatment Date: \_\_\_\_\_

Treatment Time: \_\_\_\_\_