

Full Bladder Instructions for Simulation and Treatment

Why is it Important to Have a Full Bladder for My Treatments?

Some organs in your pelvis move and change position depending on the size and shape of your bladder. When your bladder is very full compared to when it is very empty, a lot of changes can take place in your pelvis that may have an effect on your treatments. This prevents some organs from getting radiation unnecessarily, minimizing some side effects. It is important that your bladder is the same fullness every day when you come for your treatment planning appointment and daily treatments.

How Do I Ensure I Have a Full Bladder for My Simulation Mapping Scan?

- Empty your bladder 45 minutes before your appointment.
- Start drinking 16-24 oz. (2-4 cups) of water.
- Please **DO NOT** empty your bladder until after the simulation mapping scan.

How Do I Ensure I Have a Full Bladder for My Treatments?

For your daily treatments, please follow these instructions below:

- Empty your bladder 45 minutes before your appointment.
- Start drinking 10-16 oz. (1.5-2 cups) of water.
- Please **DO NOT** empty your bladder until after your treatment.
- If you are having difficulty holding your bladder during your treatment, please notify a member of our staff.

Does the 16 Ounces of Liquid Have to be Water?

It is best to drink water. If you have a challenging time drinking water, you can substitute for juice, such as apple juice or cranberry juice.

What Happens if I Cannot Hold My Full Bladder for Treatment?

We know it is difficult to hold your bladder. We appreciate your patience with our schedule. If you are not able to hold it before your treatment time, please notify the front desk reception. The front desk will notify your treatment team. If you empty your bladder before treatment, you may be asked to start drinking more water to fill your bladder again.