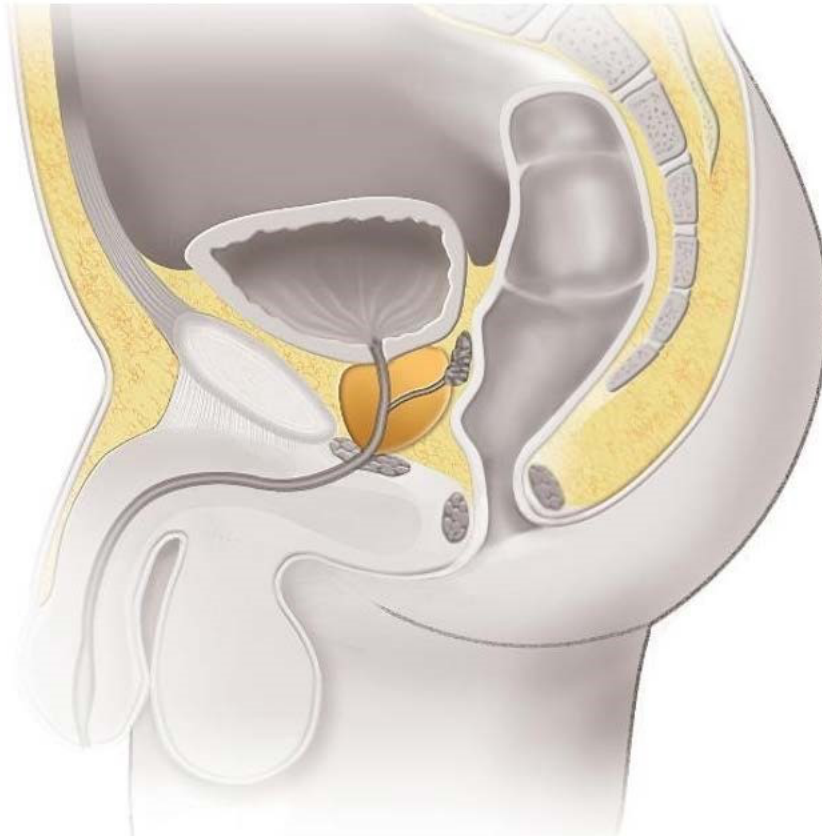


Stereotactic Body Radiation Therapy (SBRT) – Prostate Cancer

This information will help prepare you and your caregiver for your treatment.

What to Expect

You will receive external beam radiation therapy, a noninvasive treatment.



Before the Procedure

You will meet with the radiation oncologist, who will explain the procedure in detail and ask you to sign a consent form for treatment and/or research purposes.

Arrangements will be made to have **fiducial markers and a SpaceOAR™ rectal spacer** placed to help plan your treatment. In some cases, a repeat biopsy and/or other

urological testing may be done. *(Please see separate instructions for fiducial markers and SpaceOAR rectal spacer.)*

You will be scheduled for a simulation approximately 1 week or more after the fiducial markers and SpaceOAR rectal spacer are placed. Simulation is a step in the treatment planning process during which the target area is precisely located using a CT scan and some markings are made on the skin. Intravenous contrasts may be administered during simulation.

Bladder and Bowel Preparations

Following these guidelines ensures reproducible treatment of the pelvis and protection of the bladder and bowel from high doses of radiation.

The goal is to have a comfortably **full bladder** and an **empty rectum** at the time of the simulation for radiation planning (CT or MRI). The same bladder and bowel preparation is needed for each of the five SBRT treatments.

You must prepare or “prep” both your bowel and bladder **before the simulation and before each treatment.**

Bowel Prep

Take the first Fleet enema 2.5 hours before your arrival to your appointment for radiation planning. Take the second Fleet enema 45 minutes prior to your arrival. To make sure you have a bowel movement, follow these instructions:

- To use the enema, lie down on your side with your knees bent.
- Remove the cap from the applicator tip and gently insert the tip into your rectum.
- Slowly squeeze the 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 occur within 2-15 minutes.

Bladder Prep

Bladder preparation should be done **before each of your daily treatments and before CT planning scan.**

The time and the amount of fluid required for bladder filling is variable for each person and depends on how hydrated you are. Follow these guidelines to ensure a comfortably full bladder:

- Upon arrival you should empty your bladder. Drink 20-40 ounces of water. If you do not feel like your bladder is full after 45 minutes, then you need to drink more water.
- 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. If this does not fill your bladder you may need to drink more water or wait for a longer period.

Simulation Day

The day prior to CT scan, drink water consistently throughout the day to ensure your body is hydrated. This will help with bladder filling. Plan to be at the Radiation Oncology Center approximately 1.5-2.5 hours for the simulation.

Urinate upon arrival for CT appointment. Once you are brought back to a room:

- 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.
- Do not urinate again until after the CT planning scan.
- If you cannot hold your bladder by treatment time, ask to speak with your nurse. You will be asked to put on a hospital gown.
- The doctor and the therapists will place you on a specialized body frame to do the CT scan. Intravenous contrast will be administered. A CT scan, and in some cases an MRI*, is performed after the CT simulation to help the team of doctors, physicists (person who oversees the quality of patient plans and radiation-delivery machines), and dosimetrists (person who determines the proper radiation dose for treatment) develop a personalized treatment plan.
- Tattoos will be placed to help ensure that you are in the same position for each treatment. These permanent tattoos are the size of a pencil point.

**If you are scheduled for an MRI and it's not on the same day as your CT scan, you'll need to follow the same bowel and bladder prep instructions above. At the same time, we schedule the appointment for your simulation, please tell us if you are diabetic or have ever had a reaction to IV contrast.*

Treatment Days

Plan to be at the Radiation Oncology Center approximately 1.5 hours.

- Prior to arrival, follow instructions for the bowel and bladder prep.
- There is an option for a clamp if you cannot hold the bladder fill. If you need one, please let the staff know.
- Just prior to treatment, you will be positioned on the body frame.

You will be able to resume normal activities, including driving, immediately after each treatment.

Follow-Up Appointments

We will evaluate your status on a regular basis. At each follow-up visit, we will see you in the clinic and check your PSA. You may be asked to complete a quality-of-life questionnaire again.

Side Effects

Some people will develop side effects that usually occur within 1-3 weeks following the start of radiation therapy. The type of reaction and how severe they are will depend on many factors, including the dose of radiation and number of treatments prescribed by your provider.

- Mild fatigue is common during treatment.
- Diarrhea and rectal discomfort is not common but may occur. Rarely, patients also experience cramping, pressure, and pain in the rectal area.
- Urinary discomfort may occur 3-4 weeks after the start of treatment. A feeling of urgency and frequent urination with a mild burning sensation is possible.
- Skin changes are uncommon, but may occur 2-3 weeks in the area of treatment. You may notice a tanned appearance and your skin may become dry, itchy, and sensitive to touch. In some cases, more sensitivity in the area of the groin, testicles, penis, or scrotum can occur.
- Loss of hair in the pubic area is possible, but the hair will usually grow back 2-4 months after treatment is finished.

Please discuss problems or concerns about side effects or any part of your treatment with your doctor, nurse, or therapist.

Care

Bathe and shower daily using warm water and a mild unscented soap such as Dove, Cetaphil, or baby soap.

- **Do not** use a washcloth, scrubbing cloth, or brush when bathing.
- Pat skin dry with a soft towel.

Moisturizers may be applied to the treatment area as needed.

- If your skin is itchy, **do not** scratch it. Instead, use moisturizers to aid in relief. ▪
Do not use moisturizers within 4 hours **before** your radiation treatment.

To minimize skin irritation, wear loose-fitting cotton underwear and clothing. Avoid tanning or burning your skin during and after treatment.

Avoid extreme temperature to the area being treated, including:

- Hot tubs
- Water bottles
- Heating pads
- Ice packs

Do not use products with alcohol, including alcohol pads, on your skin in the area being treated.

Swimming is permitted **only if**:

- You **do not** have any skin reactions during your treatment ▪
- Pool is chlorinated. **Rinse off** chlorine right after getting out of pool.

Medication

- Tamsulosin may be prescribed to prevent urinary difficulties. You should take the medication the day before treatment and every day for several weeks or months after treatment – per your physician’s instructions.
- Steroids may be prescribed for radiation treatments. Please follow the instructions provided if ordered.

Contact your nurse or doctor if you experience:

- Difficulty urinating, including starting the flow, pain, increased frequency, blood in the urine, uncontrolled diarrhea, rectal pain, or bleeding

These symptoms can occur at any time – weeks or months after treatment.

Contact Us

During office hours, call your radiation oncologist. After-hours, call 214-645-8525.