

# Bladder and Bowel Preparation for CT/MRI Scan

**Goal:** To have a full bladder and an empty rectum at the time of the CT/MRI scan.

## Bowel Preparation Prior to CT/MRI Scan for Radiation Planning

**Take one Fleet® enema 2.5 hours before your arrival to your appointment for radiation planning. Some patients will be asked to complete one additional enema 45 minutes prior to leaving for their 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.

## Bladder Preparation Prior to CT/MRI Scan for Radiation Planning

Follow these guidelines to make sure you will have a **comfortably full** bladder.

- Drink water throughout the day to ensure your body is hydrated. This will help with bladder filling.
- Once you have completed your enema, you will need to begin to drink water or any other beverage.
- **Drink 20-40 ounces** (or 2-3 bottles) of water or any other beverage.



- 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 CT/MRI scan.
- 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 of time.

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