

HOW TO TRAIN YOUR BLADDER

IT WILL HELP YOUR
RADIOTHERAPY!



Saint Luke's
**Radiation Oncology
Network**

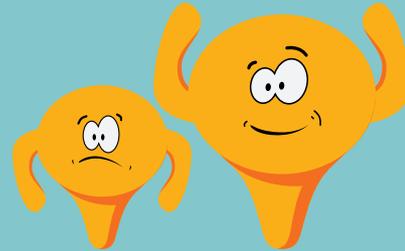
The radiotherapy team plan your cancer treatment. We want to treat your cancer and protect you from side effects, but we need your help to do this.

You must have a **full** bladder for your planning CT scan and each of your appointments.

Follow these tips in order to achieve this



YOUR BLADDER CAN HELP WITH RADIOTHERAPY



We measure your bladder when you have your scan. We check it again during treatment to make sure it is still big enough.

This is all to help you avoid side effects from the radiotherapy.

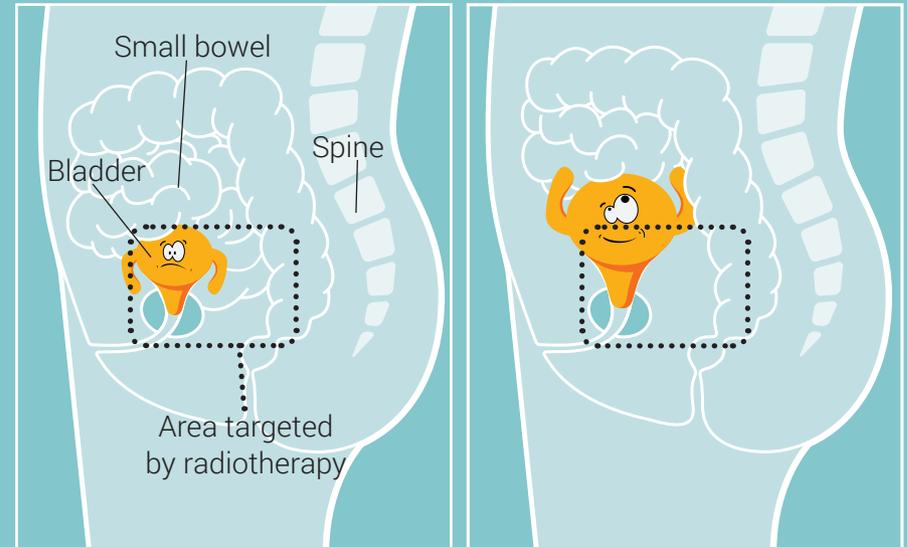
WHAT SIDE EFFECTS DOES A FULL BLADDER HELP PREVENT?

- **Diarrhoea**
- **Nausea**
- **Blood in your urine**
- **Difficulty passing urine**



HOW DOES A FULL BLADDER HELP?

A full bladder pushes your small bowel out of the way when you are having your radiotherapy. It means less of your bladder is treated. The less of the small bowel and bladder we have to treat, the less chance there is of side effects.



HOW DO I DO THIS?

- Drink **2 litres** of **still** water every day to stay hydrated.
- Spread this out over the course of the day, every day.
- Start doing this **today** and keep going until the end of your radiotherapy.
- Your treatment team will tell you how to make sure your bladder is full in time for your planning CT scan and each radiotherapy session.
- They may ask you to empty your bladder (go for a wee) when you arrive at the radiotherapy centre and then to drink an exact amount of extra water.
- Don't go for a wee until after your CT or radiotherapy session is finished.

COMMON QUESTIONS

1. What if I'm travelling a long distance for treatment?

You need to allow for stops on your journey. A lot of people avoid drinking fluids before making a long journey to avoid having to stop on the way. If you do this, your bladder will not be full enough for treatment.

2. Can I just drink water when I arrive for treatment instead of drinking two litres during the day?

No – if you have not been drinking water before coming to the radiotherapy centre, the

water you drink there will not be enough to fill your bladder.

3. Should I drink more than 2 litres daily?

No, 2 litres is enough and drinking much more than that could make you unwell.

4. Can I drink coffee or tea instead?

No – tea, coffee and alcoholic drinks make it **more** difficult to fill your bladder. They can make your bladder **smaller** for treatment.

5. What happens if I can't wait to go to the toilet?

Please tell a member of the treatment team.

OTHER INFORMATION

1. If you are taking a diuretic (water tablet), please tell your treatment team.

2. If you have a catheter, the tubing will need to be clamped before each treatment. When you arrive at the treatment centre,

please ask a radiation therapist or nurse for a clamp.

3. If you have nephrostomy tubes in place, please tell your treatment team.

4. If you have any other questions, please contact a member of your treatment team or call us on **01 420 6945**.



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