CT Simulation and Treatment Preparation for Stomach Cancer Patients

For patients who are receiving radiation to your stomach, it is important that the size of your stomach is the same for both your CT simulation and your radiation treatment appointments.

For that reason, you will need to eat and drink the same amount before each CT simulation and radiation treatment appointment. This is called standardizing your food and fluid intake.

To help with this, we will schedule your appointments in the morning.

Here’s how to standardize your food and fluid intake:

1. On the night before your CT simulation and radiation treatment appointments do not eat anything after midnight.
2. On the morning of your CT simulation and radiation treatment appointments 1 hour before your appointment please do the following:

- Eat 1 slice of dry toast (do not put anything on the toast)
- Drink 1 cup of clear fluids (water, broth, or tea – herbal or black)

For example, if your appointment is at 10 am, you need to eat your toast and drink your clear fluid at 9 am.

Do not eat or drink anything else before your appointment.

After the appointment you can eat a normal breakfast and eat normally for the remainder of the day.

You may eat any food at any time on days that you are not having radiation treatment or CT simulation.

If you have any concerns, please call your Primary Radiation Nurse: __________________________ 705-728-9090 ext 43365

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