

# CT Simulation and Treatment Preparation for Abdominal Radiation

For patients who are receiving radiation to your **abdomen** (your belly area) 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**.

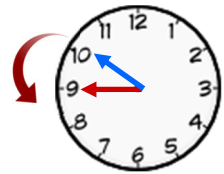


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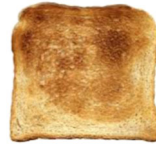


2. On the morning of your CT simulation and radiation treatment appointments **1 hour before your appointment please do the following:**

- 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)



1 hr before appointment



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 your normal diet at the usual time on the days you are not having your CT simulation or treatment.

If you are having side effects related to your cancer treatment, please contact:

### **Symptom Support Telephone Service**



**During the day:  
Cancer Centre Symptom Support  
705-728-9090 x43333**



**Evenings, weekends and holidays:  
CareChart 1-877-681-3057**

To cancel or change your appointment, please call 705-728-9090 x43333. Please visit [www.rvh.on.ca](http://www.rvh.on.ca) for the latest information and hours of operation.