

Name: <Full Name>

V#: <Patient Id 1>

DOB: <Date of Birth>

Preparation for Prostate Radiation

To prepare for your prostate radiation you will need to:

1. Pick up 2 bottles of Fleet enema by taking the prescription at the bottom of this page to your Pharmacy to get filled.
2. Purchase a bottle of over-the-counter RestoraLAX. A 14 day supply (e.g. RestoraLAX 14 dose 238 g bottle) should be enough. There is a prescription attached if it is covered by your drug plan.
3. Use one bottle of fleet enema the night before your prostate radiation planning appointment **and** the second bottle on the night before your first radiation treatment appointment:

- If possible, use the fleet enema when lying on your side with your legs bent. Insert the neck of the bottle into your anus and squeeze the contents into your bowels. Try to hold the liquid in for as long as possible, at least 10 minutes. After the enema, try to avoid heavy meals.

Positions for using this enema:



4. You need to have a full bladder for your prostate radiation planning appointment and each radiation treatment.
 - Drink 250 mL of water 1 hour before each appointment and do not pee until your appointment is done. Try to drink 6–8 glasses of water each day to stay hydrated.
5. Start taking RestoraLAX in the morning by following the instructions on the package starting the day before your first radiation treatment and every day until your last radiation treatment.