

## Radiotherapie

# Information on bladder filling

You will soon start radiotherapy in our department.

It is important that your bladder is filled for the planning CT or MRI scan and all radiation treatments.

**How:**

1. Empty your bladder 1 hour before the scan/treatment.
2. Drink 300 ml of fluid within the next 15 minutes. (2 glasses in total)
3. Do not go to the toilet after this. Do not drink anything else.
4. The scan/treatment will be made with a filled bladder.
5. You may go to the toilet immediately after your appointment.

**Why:**

- Fewer side effects

A filled bladder ensures that part of the bladder lies outside the radiation field. Additionally, a filled bladder pushes the small bowel away from the radiation field. This can help to reduce side effects.

- Accuracy of the radiation treatments

Consistent bladder filling is important for the accuracy of radiation treatments.

If you have difficulty following these instructions, please discuss this with the radiotherapy technicians