



INSTRUCTIONS PRE CT/SIMULATION

You will be scheduled for a CT/SIM procedure prior to starting radiation treatments. During this procedure, CT and Ultrasound Images are acquired and fused then used to plan your customized radiation treatment. On the day of your CT/SIM you will:

1. Empty your bladder.
2. Drink 24oz of water which has a solution added to it in order to visualize the bowels on the CT images.
3. For optimal bladder fill, drink the water within 10 minutes.
4. Once you have consumed the water, do not urinate before your CT/SIM imaging.
5. The process is timed to assess the length of time it takes to get an optimally filled bladder. You will be asked to drink water each day at the same time interval.
6. After the procedure, we will have you empty your bladder and a second ultrasound image will be taken to assess how well your bladder emptied.
7. Flomax may be prescribed prior to or after the simulation in order to manage bladder symptoms that you may be experiencing.

To keep the bowels regular and to help keep the rectum from expanding into the treated area, we recommend the use of 1 heaping teaspoon of Metamucil powder taken daily. It is not recommend using wafers or capsules. Ideally, start taking Metamucil at least a week prior to the CT/SIM so that your anatomy looks the same during the CT/SIM as it will during treatments.

CT/SIM Date: _____

Arrival Time: _____ CT/SIM Time: _____

Expect to spend an hour-and-a-half to two hours at Arch Cancer Care on CT/SIM day. The length of time is directly related to how long it takes to get an adequately filled bladder after drinking the water for the procedure. There will be an expanded explanation of the Radiation process and an opportunity to ask questions. So write down any questions that you may have.