

Bowel Preparation for Prostate Radiation

How to Reduce Gas in Your Large Bowel for CT Simulation and Treatments

Gas in the large bowel comes from two sources: swallowed air and fermentation by gut bacteria.

Follow these steps to help reduce gas in your large bowel.

Start 5 to 7 days before your CT simulation (marking) appointment and continue until you have finished your treatments.

To reduce swallowed air: Swallowed air makes up 90% of the gas in our gut. Some of this air leaves the body by burping or belching. The rest is released by passing gas (flatulence).

- Eat slowly and relax while eating.
- Chew food thoroughly with mouth closed.
- Avoid gulping fluids; drink from a glass.
- Don't use straws or drink from bottles or cans.
- Choose lukewarm fluids over hot to prevent swallowing air.
- Don't drink carbonated beverages like soda, sparkling water, and beer.

To reduce gas from gut bacteria: The rest of the gas in our gut comes from naturally occurring bacteria in the large intestine.

- Ensure regular bowel movements to prevent gas retention.
- Continue regular physical activity and eat at consistent intervals.

Avoid gas-inducing foods during radiation treatments:

Vegetables	Broccoli, cauliflower, brussels sprouts, cabbage, kale, onions, garlic
Fruits	Dried fruit (raisins, prunes), navel oranges, unripe bananas
Legumes	Dried beans, lentils, split peas, chickpeas, chili beans
Sugar Alcohols	Sugar-free candies (xylitol, sorbitol, mannitol)

Follow these steps to prepare bowels for CT simulation and treatment

- For 3 days before simulation, take **2 Senokot-S®** tablets after your evening meal **OR** take **1 Docusate®** tablet (100mg) in the morning and **1 Docusate®** tablet (100mg) in the evening.
- 3 days before your first treatment, resume the bowel preparation. Continue taking the **Senokot-S® OR Docusate®** until experiencing 3 or more bowel movements daily, then discontinue use.

Note: You **do not** have to fast before your CT Simulation appointment.

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