

SABR treatment for prostate cancer

Information for patients at Mount Vernon Cancer Centre.

SABR is stereotactic body radiation, it involves the use of advanced technology to deliver a beam of radiation.

This leaflet **must be read with** the main SABR booklet PI72

What will happen during planning?

Before your planning scans and treatment

It is important to have your bladder the same size for each treatment. By having a relatively full bladder for the treatment it means the bowel is pushed away from the prostate, which can help reduce any possible side effects.

For your planning scans and for your treatment we will ask you to empty your bladder, drink one bottle of water, 500ml and then wait 30 minutes. This means that your bladder will be the same size each time.

When faeces or gas pass through your rectum they cause your prostate to change its shape and position. To try to minimise this happening during your treatment we will ask you to have an enema for two days before your planning scans, and on the morning of your scans. We will also ask you to have an enema two days before the start of your treatment and on each day that you have treatment.

If you have any diarrhoea during your treatment stop using the enemas and talk to the radiographers treating you.

At your planning appointment, you will have a CT scan and an MRI scan which will be used for planning your treatment.

You will be asked to empty your bladder, drink one bottle of water (about 500ml) and then wait 30 minutes. You will then be asked to lie in the same position as the one to be used for your treatment. You will have some special support cushions which will help you stay in the correct position and make you more comfortable.

This position should be comfortable as you will need to keep still for between 15–30 minutes. For this reason it is important for you to say if your treatment position is not totally comfortable. You will receive sheet with your appointment dates and times on the day of your planning appointment.

What are the possible side-effects from having SABR treatment to the prostate?

- Urinary frequency Cystitis is inflammation of the bladder. It can be caused by a reaction to your treatment or by an infection. You may find that you need to urinate more often, or have pain or burning when you urinate. If you have any of these symptoms please speak to one of the team treating you. They will test your urine and refer you to a doctor if necessary.

To help prevent cystitis, try to drink at least two litres of fluid each day.

- Bowel frequency
It is possible that the treatment will increase the number of times that you open your bowels each day.

However, if you are passing loose stools more than four times each day then please speak to the radiographers treating you and they can refer you to your oncologist or the clinic radiographer.

Your oncologist or clinic radiographer can prescribe some medication while you have symptoms. Please ask the radiographers before taking Imodium or any other over the counter medications for diarrhoea.

We recommend that during this time you:

- have plenty of light snacks rather than large meals

- drink at least two litres of liquid each day to replace lost fluids
- avoid highly spiced and fatty foods
- stop taking laxatives (unless advised otherwise)

If you find you are becoming uncomfortable from not opening your bowels enough or are constipated, please let the clinic radiographers know so that they can prescribe some medication to help.

Please read about the general side-effects from having SABR treatment on page 9 of the SABR® booklet (PI72)

Other help and support

People who have cancer often say that during their illness they experience a range of emotions. Many find it to be a stressful, anxious and confusing time.

If you would like further information about any aspect of cancer and its treatments, including the supportive services offered at the Lynda Jackson Centre (LJC), please drop in to the centre or call the Helpline.

The staff at the LJC work as part of the overall team caring for you and include healthcare professionals and trained volunteers. The centre provides a relaxed setting in which to talk and ask questions.

The LJC is situated between the main Cancer Centre building and Gate 3 (White Hill).

Services offered at the LJC include:

- Drop-in centre
- Telephone helpline
- Benefits advice*
- Complementary therapies*
- Relaxation classes
- Counselling*
- Look Good...Feel Better™ beauty workshops
- The Way Ahead headwear workshops
- Self-help courses

* These services are only available to NHS patients under the care of an oncologist based at Mount Vernon Cancer Centre

Mon-Fri: **9.30am–4.30pm**

Telephone Helpline: **020 3826 2555**

Website: **www.ljmc.org**