

Stereotactic Ablative Body Radiotherapy (SABR) Information for Prostate Cancer Patients

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You have agreed to receive stereotactic ablative body radiotherapy (SABR) for your prostate cancer. This is a focused type of radiation that allows a high dose of radiation to be delivered in 5 treatments on every other day.

The information in this pamphlet supports the teaching you will get from your radiation therapy team.

How does stereotactic radiation work?

Stereotactic radiation therapy uses radiation to shrink or control the growth of abnormal cells or tumors. The radiation may kill the cells directly or stop cells from growing.

How do I get ready for treatment?

Before starting treatment there are a few planning steps that will be completed.

1. Planning CT scan
2. Planning MRI scan

Planning CT Scan

A CT scan will be completed in the cancer centre for radiation planning. The CT scan will only take a few minutes. It is important that you lie still. You will not get an injection for this CT scan.

Preparation for planning CT scan:

1. Take **34g (double dose)** of PEG (Polyethylene Glycol) laxative powder (RestoraLax®) daily for 3 days leading up to your CT scan.
 - › See more information on the RestoraLax® at the end of this pamphlet in the list to take to your pharmacy.
2. 1.5 to 2 hours prior to your CT scan administer a Ducolax® suppository (this can be picked up from a pharmacy and no prescription is required).
 - › See more information on the Ducolax® suppository at the end of this pamphlet in the list to take to your pharmacy.
3. Empty your bladder 45 minutes before the CT scan and drink 500ml of water as quickly as you can. Do not empty your bladder until the CT scan is completed.

Planning MRI Scan

An MRI scan is needed for planning of your radiation. This appointment will be about 1 to 1.5 hours.

Preparation for planning MRI scan:

1. Take **34g (double dose)** of PEG (Polyethylene Glycol) laxative powder (RestoraLax®) daily for 3 days leading up to your MRI scan.
 - › See more information on the RestoraLax® at the end of this pamphlet in the list to take to your pharmacy.
2. 1.5 to 2 hours prior to your MRI scan administer a Docolax® suppository (this can be picked up from a pharmacy and no prescription is required).
 - › See more information on the Docolax® suppository at the end of this pamphlet in the list to take to your pharmacy.
3. Empty your bladder 45 minutes before your MRI scan and drink 500ml of water as quickly as you can. Do not empty your bladder until the MRI scan is completed.

Prostate SABR treatment – how to prepare for your radiation treatments

You will be contacted with the dates and times of your radiation treatments. They will take place on alternating days (every other day). The time it takes to plan your treatment after your scans can vary but is typically about 2-3 weeks.

Preparation for treatment (same as for planning MRI):

1. Take **34g (double dose)** of PEG (Polyethylene Glycol) laxative powder (RestoraLax®) daily for 3 days leading up to your FIRST TREATMENT.
 - › See more information on the RestoraLax® at the end of this pamphlet in the list to take to your pharmacy.
2. Once on treatment, take **17g (single dose)** of PEG (Polyethylene Glycol) laxative powder (RestoraLax®) daily (including weekends and days off treatment).
3. 1.5 to 2 hours prior to each treatment administer a Docolax® suppository (this can be picked up from a pharmacy and no prescription is required).
 - › See more information on the Docolax® suppository at the end of this pamphlet in the list to take to your pharmacy.
4. Empty your bladder 45 minutes before your treatment and drink 500ml of water as quickly as you can. Do not empty your bladder until your treatment is completed.

What happens during my treatment?

- The therapists will call you into the treatment room.
- You will be asked to lie on the treatment bed.
- The therapists will then position you and the machine so that radiation treatment can be given accurately. It is important that you stay still and breathe normally. Once you are in position the therapists will leave the room.
- The treatment is controlled from outside the room. You will be alone in the room during your treatment. The therapists will be able to see and hear you at all times. The therapists can use an intercom to talk to you. They can stop treatment and enter the room at any time if needed.

- You will not feel anything during the treatment, but you may hear the machine working. The machine will move around you, but it will never touch you. The treatment bed can be moved remotely but it is the therapists doing this from outside the room.
- The therapists may come into the room to reposition you and the machine.
- You will be in the treatment room for 30-45 minutes or longer depending on the time it takes to position you.

What happens after my treatments are finished?

- Close to the end of your treatment, your radiation therapy team will review important instruction with you regarding follow up.
- The side effects from your treatment may continue for a period of time even though your treatment has finished. Continue with the instructions you received until the side effects stop.
- You will get a follow up appointment with your oncologist within a few months of treatment finishing.

We know there are a lot of instructions to follow to prepare for prostate SABR. We are here to support you during your treatment.

Questions?

- › Phone: 902-473-6067 (QEII Cancer Centre Patient Line) for treatment or other health-related questions. Someone will return your call within 24-72 hours.
- › Phone: 902-240-8129 if you are feeling any distress and want to speak with a social worker, you can also talk to a member of your radiation therapy team.
- › If there are financial and/or travel concerns, please discuss with your Radiation Therapy team.

List of supplies to pick up from pharmacy

1. Ducolax® suppository x 7 insert per rectum prior to scans and treatment

- › To administer 1.5 to 2 hours before planning MRI scan and each treatment.
- › This is inserted into your anus using your finger or the applicator.
- › Will be needed before your planning CT scan

2. PEG (Polyethylene Glycol) laxative powder (RestoraLax®)

- › Trade names: RestoraLax®
- › Pick up a bottle of RestoraLax® (or another PEG based laxative) from your pharmacy and follow the instructions above about when to start taking before scans and while on treatment.

Use this calendar to record important dates during your treatment.

MONTH/YEAR: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Patient and family feedback is very important to us.

We would like to invite you to send any comments or suggestions on how to improve this booklet to education.cancercare@nshealth.ca or feel free to call us at 1-866-599-2267.

Looking for more health information?

Find this brochure and all our patient resources here: <http://library.nshealth.ca/cancer>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Prepared by: Prostate SABR Site Group

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This pamphlet is for educational purposes only.

It is not intended to replace the advice or professional judgment of a health care provider.

If you have any questions, please ask your health care provider.