



Gold Seed Procedure and HDR Prostate Brachytherapy Procedure: How to Prepare for Your CT Simulation and MRI Appointments

This handout offers information on how to prepare for your CT simulation and MRI appointments. Your pelvis contains many organs that are close together. These organs can move for many reasons. Bladder and/or bowel preparations help reduce these movements.

You will be given an appointment for your CT simulation. Your radiation oncologist may also order an MRI for you. If you need to have an MRI, you will be given this information. These tests will be used to plan your external beam radiation treatments.

Call the radiation therapy receptionist at 905-576-8711 extension 33856 if you have any questions about the dates for your appointments.

☐ If you had a Gold Seed Procedure:

Date	Time	What you need to do
1 week before your CT Simulation and MRI appointments Date: _____		Buy a Fleet enema kit from your pharmacy.
The day of your CT Simulation and MRI appointments Date: _____	2 hours before you leave home for your appointment	Give yourself the Fleet Enema. (see 'how to give yourself a Fleet Enema' below).
	1 hour before your first appointment	1. Empty your bladder. 2. Drink 2 cups of water (500 ml). 3. Do not empty your bladder after drinking the water. Your bladder should be comfortably full, but not painful. <u>If you have</u> an MRI appointment before your CT simulation appointment, go to the MRI department (for directions, see the attached map). You may empty your bladder before your CT Simulation appointment. Drink 2 cups of water (500 ml). Do not empty your bladder after drinking the water. Your bladder should be comfortably full, but not painful. Go to the B1 level of the cancer centre for your CT Simulation appointment. Check in at one of the computers.

☐ **If you had an HDR Prostate Brachytherapy Procedure:**

Date	Time	What you need to do
1 week before your CT Simulation and MRI appointments Date: _____		Buy a Fleet Enema from your pharmacy.
The day of your CT Simulation and MRI appointments Date: _____		If you are able to have a bowel movement, you do not need to give yourself a Fleet Enema. If you do not have a bowel movement, give yourself the Fleet Enema 2 hours before your leave home for your appointment. (see 'how to give yourself a Fleet Enema' below).
	1 hour before your first appointment	1. Empty your bladder. 2. Drink 2 cups of water (500 ml). 3. Do not empty your bladder after drinking the water. Your bladder should be comfortably full, but not painful. <u>If you have</u> an MRI appointment before your CT simulation appointment, go to the MRI department (for directions, see the attached map). You may empty your bladder before your CT Simulation appointment. Drink 2 cups of water (500 ml). Do not empty your bladder after drinking the water. Your bladder should be comfortably full, but not painful. Go to the B1 level of the cancer centre for your CT Simulation appointment. Check in at one of the computers.

How to give yourself a Fleet Enema

1. Lie on your left side. Put your right leg over your left leg.
2. Remove the protective shield from the enema tip before inserting it.
3. Gently insert the pre-lubricated enema tip into your rectum with a slight side-to-side movement.
4. Do not force the enema tip into your rectum. This can cause you injury.
5. Squeeze the bottle until most of the liquid is gone. The bottle may not be empty.
6. Remove the tip from your rectum.
7. Hold this position until your urge to have a bowel movement is strong. This will take about 2 to 5 minutes.
8. Wash your hands when you are done.

If you have a problem or concern about a symptom or side effect from your cancer treatment:

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 5 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

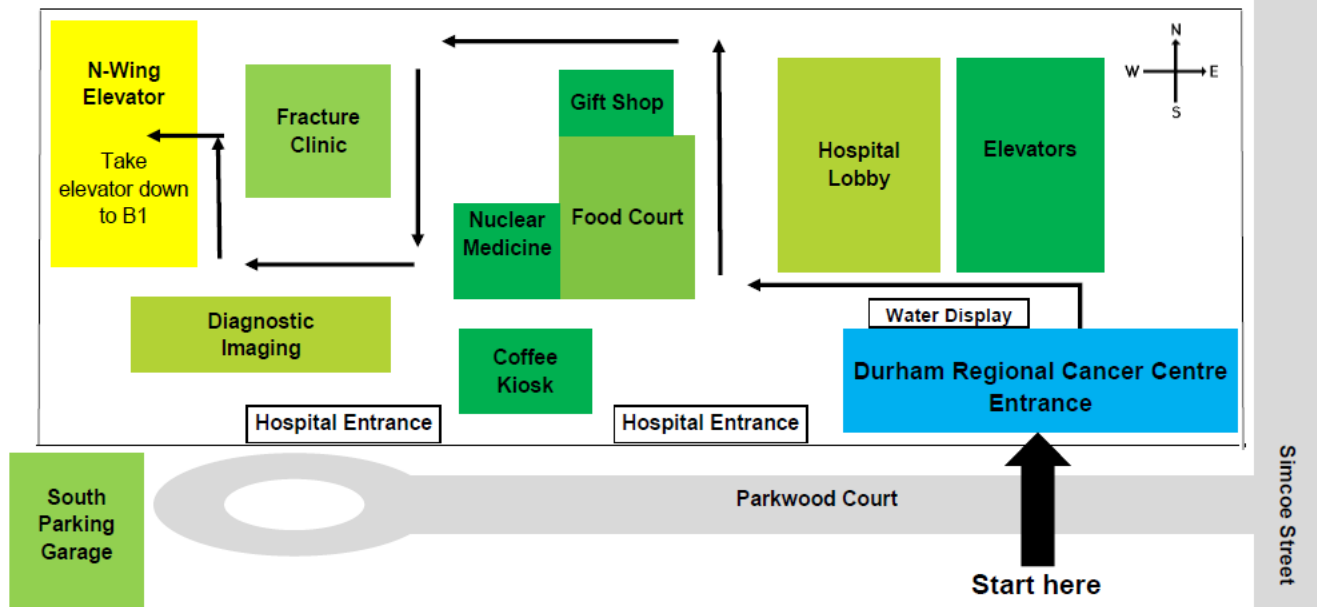
Talk to a nurse using one of these options:

- Call the after-hours telephone line at 1-877-681-3057.
- Request a video call by going to carechart.ca.
- Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Call 911 or go to the Emergency Department at the hospital closest to you for a medical emergency. Talk to a member of your healthcare team if you have questions or do not understand any of the information in this handout.

Last reviewed: September 2025

Directions to the MRI Department from the Durham Regional Cancer Centre



Directions

1. Park in the south parking garage on Parkwood Court.
2. Go into the Durham Regional Cancer Centre (DRCC).
3. Turn left at the water display.
4. Turn right into the main hospital lobby.
5. Walk past the food court and gift shop.
6. Turn left after the gift shop. You will start to see signs for "MRI Registration."
7. Turn left. You will pass the Fracture Clinic.
8. Turn right after the Fracture Clinic.
9. Turn right. You will see the elevators. Take the elevators down one floor to B1.
10. You will see the MRI Department on the left.

Last revised: June 2018