

# SAMPLE DIET RECOMMENDATIONS + BOWEL PREPARATION PRIOR TO PELVIC HDR BRACHYTHERAPY

## Example 1)

### ONE (1) DAY BEFORE PROCEDURE

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The day before your procedure, you will need to complete a diet and bowel prep.

- You may have a light breakfast
- Begin a clear liquid diet at 12pm (noon) – see table below
- Self-administer a Fleet enema at 5pm. Repeat a second enema at 8pm (available over-the-counter at your pharmacy)
- You are to have nothing by mouth after 12am (midnight)

Examples of liquids qualifying as “clear”:

Food/Beverage	Drink
<b>Soups</b>	<ul style="list-style-type: none"><li>• Clear broth or bouillon</li><li>• Packaged vegetable, chicken, or beef broth</li></ul>
<b>Sweets</b>	<ul style="list-style-type: none"><li>• Gelatin, such as Jell-O®</li><li>• Flavored ices</li><li>• Hard candies</li></ul>
<b>Beverages</b>	<ul style="list-style-type: none"><li>• Clear fruit juices, such as white cranberry, white grape, apple</li><li>• Soda, such as 7-Up®, Sprite®, ginger ale, seltzer, Gatorade®</li><li>• Tea</li></ul>

## Example 2)

- Clear liquids for 1 full day prior to brachytherapy
- Bowel preparation: Fleet enema at 8 p.m.
- NPO at midnight

## Example 3)

- Clear liquids for 1 full day prior to brachytherapy
- Bowel preparation: PICO-SALAX® (available in Canada) following package instructions
- 1 packet at in the morning at 8am and one packet in the afternoon at 3pm
- NPO at midnight

## Example 4)

- At 1:00 PM on the day before your procedure, swallow 1 bisacodyl tablet with a glass of water.
- You can have solid food for breakfast and lunch.
- After lunch (or by 2pm), start a clear liquid diet.
- At 3:00 PM on the day before your procedure, start drinking the NuLytely. Drink 1 (8-ounce) glass of the mixture every 15 minutes. Drink only half of the NuLytely solution (64 ounces). Throw out the other half. Then, keep drinking clear liquids.
- NPO at midnight

