

## Simulation Preparation for External Beam Radiation Therapy

In preparation for your treatments, your physician has recommended that you have a CT scan during the day of your simulation appointment. To ensure that your CT scan provides your physician with the necessary treatment planning information, we would like you to follow these instructions:

### The day before your simulation:

Have yourself a good breakfast. Have a light lunch; this should be done latest by 3:30pm. After lunch and for the entire day you may have **clear liquids ONLY!!**

This includes:

- any beverage you can see through (eg. Apple juice, ginger ale, cranberry juice, grape juice)
- Jell-O®™
- clear broths and bouillon
- coffee or tea without milk

You may take any medication that you would normally take.

### The evening before the simulation:

Follow the instructions on the bottle of Colyte 'Golytley'®™ for mixing water. Start drinking Colyte 'Golytley'®™ at about 4:30pm, until the bottle is finished drink one 8oz glass every twenty minutes.

### The morning of the simulation:

You may have **clear liquids ONLY** for breakfast. You may take any medications that you would normally in the morning.