

# Day 4,236 — Mapping Completed

The actual zapping will begin on Thursday, 7 July, 2022, and go for seven weeks.

June 30, 2022 By [Daniel Zeller](#)

---

This morning, I got my first tattoos as part of the mapping process.

The whole thing went quite smoothly. My appointment was at 10 a.m., so I started downing a liter of water around 9 a.m. to make sure that my bladder was full. I may have consumed it a little slower than I should have, because when I was on the table, the technician said my bladder wasn't quite full enough so we waited a few minutes to let my kidneys process my intake.

The cool temperature in the room accelerated my desire to run to the toilet to let all the water out, but I was able to hold on until the scan and tattooing were completed. But not by much.

The actual zapping will begin on Thursday, 7 July, 2022, and go for seven weeks, which should put the end on 24 August if I counted days correctly while waiting. That means I have a few weeks to play before being tied to the zapping schedule.

Be well!

[This post](#) originally appeared on [Dan's Journey Through Prostate Cancer](#) on June 16, 2022. It is republished with permission.

---

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.cancerhealth.com/blog/day-4236-mapping-completed-prostate-cancer>