

Radiotherapy department

# Dietary advice: reducing bowel gas before and during radiotherapy

All of us produce gas throughout the day. Most of it comes from the air we swallow when we are eating and drinking, and some comes from the types of foods we are eating or from what we are drinking. For some patients, large amounts of gas in the bowel can impact the area being treated. This information leaflet gives you some suggestions on how you can reduce bowel gas before your radiotherapy planning scans and throughout your treatment.

## Food and drink to avoid/limit which produce more gas

- Fizzy drinks (e.g. beer, coke).
- Cereals.
- Beans and pulses.
- Vegetables in the brassica family (e.g. broccoli, cauliflower, cabbage, sprouts).
- Nuts and seeds.
- Caffeinated drinks.

## Lifestyle tips to reduce excess gas

- Avoid skipping meals.
- Avoid chewing gum.
- Chew food and sip drinks slowly.
- Take regular exercise to encourage bowel movement.
- Drink plenty of water.
- Try herbs and spices which support your digestion (e.g. ginger and peppermint tea).

Please follow this dietary advice 2-3 days before your planning scans, 2-3 days before starting treatment and throughout the duration of your treatment.

**If following this advice causes you any discomfort or concern, please contact the relevant department:**

Proton beam therapy: **0161 918 7577/1195**

Withington radiotherapy: **0161 446 3485**

Oldham radiotherapy: **0161 918 7700**

Salford radiotherapy: **0161 918 7800**

Macclesfield radiotherapy: **0161 956 1700**



## Food and symptom diary

Please use this to try to identify foods which may affect you.

Date	Time	Food/drink/medication taken	How much	What was the symptom/reaction	How long did it last
<i>Example</i>	<i>5pm</i>	<i>Lemonade</i>	<i>1 pint</i>	<i>Increase in flatulence</i>	<i>Half a day</i>

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **[the-christie.patient.information@nhs.net](mailto:the-christie.patient.information@nhs.net)**

For information and advice visit the cancer information centres at Withington, Oldham, Salford or Macclesfield. Opening times can vary, please check before making a special journey.



Contact The Christie Hotline for  
urgent support and specialist advice  
**The Christie Hotline: 0161 446 3658**  
Open 24 hours a day, 7 days a week