Dietary advice: reducing bowel gas 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 food we are eating or drinking.

This leaflet has been given to you because your radiographers have seen too much gas on the pictures they are taking during your treatment and it would be helpful to reduce this. The information may also be helpful if you are experiencing trapped wind and stomach ache because of gas.

Some foods and drinks can increase wind productions. These include:
- fizzy drinks (such as beer, coke)
- cereals
- beans and pulses
- some vegetables (for example, broccoli, cauliflower, sprouts, onions)

Tips to reduce excess wind
- Identify the potential causes of wind in your diet and try to reduce them (you can use the food and symptom diary for this).
- Avoid skipping meals.
- Avoid chewing gum.
- Chew food slowly.
- Drinks: try still varieties of drinks instead, or leave fizzy drinks until they are ‘flat’. Try not to drink large amounts of fluids with your meals.
- Beans: avoid eating large quantities on their own, but enjoy them as part of a mixed meal with other foods.
- Some herbs and spices are thought to support your digestion for example, ginger and peppermint.
- Take regular exercise to encourage bowel movement.

The Christie Hotline is available 24 hours a day, 7 days a week and can provide help and support at every stage of treatment. All patients having radiotherapy can contact the Hotline for support and advice for radiotherapy reactions. Call 0161 446 3658.
### Food and symptom diary

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

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

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.

We try to ensure that all our information given to patients is accurate, balanced and based on the most up-to-date scientific evidence. If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

For information and advice visit the cancer information centres at Withington, Oldham or Salford. 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**

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