



## Dietary advice: reducing bowel gas during radiotherapy

All of us produce gas throughout the day. It's normal. 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.
- Oats, barley and ground linseeds may help to relieve wind caused by constipation and slow bowel habit.
- 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.

