



Information for
patients and
carers

**Dietary Advice during
Radiotherapy Treatment
to the Pelvis**

Introduction

Whilst you are receiving radiotherapy to your pelvis, you may experience an altered bowel habit. If you haven't been advised to alter your diet then no changes need to be made. The following information will help to reduce the side effects if needed.

Preparing your bowels for radiotherapy

If possible, please empty your bowels before each treatment. Please do not strain to do this and do not worry if you cannot manage it every time. You may have been asked to use a micro enema prior to treatment. If so, please ensure this is done in advance of your treatment appointment.

It is important to ensure you empty your bowels regularly and avoid becoming constipated. A very full rectum can change the position of your internal organs, making accurate delivery of radiotherapy more difficult. Keeping wind and bloating to a minimum will also help ensure the accuracy of your treatment.

Dietary advice for managing altered bowel habit during radiotherapy
It is important to eat regular meals and chew your food slowly.

Avoid foods that may cause wind. For example,

- Fruit and vegetables such as sprouts, broccoli, cabbage, cauliflower, onions, radishes, spinach, sweet corn, garlic, peppers, bananas, prunes and dried fruit
- Baked beans, kidney beans, lentils, chickpeas and other pulses
- Nuts
- Dairy products
- Fizzy drinks including beer, lager and soft drinks
- Chewing gum

- Sorbitol (a type of sugar found in some artificial sweeteners, some sugar-free foods and in apples, pears and peaches)
- Foods that may help with loose bowels or diarrhoea include:
- Apples and pears (with skins removed), bananas and potatoes
- Yoghurt, smooth peanut butter, pretzels and marshmallows
- White bread (not a high fibre variety), boiled white rice and white pasta (not a wholemeal variety)
- Chicken and fish

Foods to avoid if you have loose bowels or diarrhoea include:

- Some types of fruit (fresh, tinned or dried) - grapes, apricots, plums, peaches, prunes and most berries (except blueberries)
- Fruit juices such as prune, orange, apple and grape juices
- Vegetables such as sprouts, broccoli, cabbage, onions, peas, peppers, spinach, sweet corn and garlic
- Baked beans, kidney beans, lentils and chickpeas
- Bran, brown bread and whole wheat pasta and rice
- Greasy foods and fried foods
- Spices such as chilli, curry and ginger
- Caffeine in coffee, tea, chocolate drinks, cola drinks and energy drinks
- Nuts, linseeds and popcorn
- Sugar-free foods containing sorbitol, mannitol and xylitol (such as sugar-free chewing gum, some nuts, sweetener's, diet drinks and foods)
- Chocolate
- Alcohol especially beer and red wine

It is also important to keep hydrated by drinking 1½ - 2 litres (8 - 10 cups) of fluid per day, especially water or other non-caffeinated drinks. Try to restrict tea and coffee to 3 cups per day.

If you have any concerns or need further advice, please discuss it with a radiographer.

This information has been obtained from www.macmillan.org.uk

Contact details

Should you require further advice or information please contact:

Radiotherapy Reception/Transport queries (01772) 522900

Radiotherapy Appointment queries (01772) 522931

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

www.macmillan.org.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو
یچھپا جس یبھابی دست ہو یسکت ہے براے مہر یبان پوے چھہی۔ معلومات

Arabic:

مطبوعة بأحرف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه المعلومات يُرجى أن تطلب
أخرى يمكن تو فير هذه المعلومات

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