

Information for Patients

Dietary advice: reducing bowel gas prior and during radiotherapy



All of us produce gas (wind) 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 and drink we choose.

Too much trapped gas can appear on pictures which the radiographers take during treatment and it would be helpful to reduce this. Sometimes if there is too much gas in the area we need to treat, it can make it difficult to treat you and can cause delays.

By following this advice during radiotherapy, it may help to reduce gas and may also be helpful if you are experiencing trapped wind and stomach ache because of gas.

Some foods and drinks can increase gas production and should be avoided, these can include:

- Fizzy drinks (such as beer, coke),
- Cereals,
- Beans and pulses
- Some vegetables (for example broccoli, cauliflower, sprouts, onions, cabbage, asparagus).

Tips to reduce excess wind

- Identify the potential causes of gas in your diet and try to reduce them.
- Avoid skipping meals.
- Avoid chewing gum.
- Chew food slowly.
- Drinks: try varieties of still drinks instead, or leave fizzy drinks

Further information is available from:



Feedback

We appreciate and encourage feedback which can be shared in a number of ways through the hospital website. Scan the QR code to give feedback. <https://www.sath.nhs.uk/patients-visitors/feedback/>

Patient Advice and Liaison Service (PALS)

PALS will act on your behalf when handling patient and family concerns, they can also help you get support from other local or national agencies. PALS, is a confidential service.

Royal Shrewsbury Hospital, Tel: 0800 783 0057 or 01743 261691
Princess Royal Hospital, Tel: 01952 282888

Other Sources of Information

NHS 111

A fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days of the year.
111 (free from a landline or mobile)
www.nhs.uk

Self Help & Support Groups

A selection of websites providing access to good quality health information, local organisations and community groups is available from the library. www.library.sath.nhs.uk/find/patients/

Information in Other Languages or Formats

If you require this information in a different way such as easy read, a different language, larger print, audio or braille please tell a member of staff or contact the Patient Experience Team;
sath.patientexperience@nhs.net or 01743 261000 ext.2503.

Website: www.sath.nhs.uk

Information Produced by: Radiotherapy
Department

Date of Publication: May 2021

Due for Review on: May 2024

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Version 1: ID:

