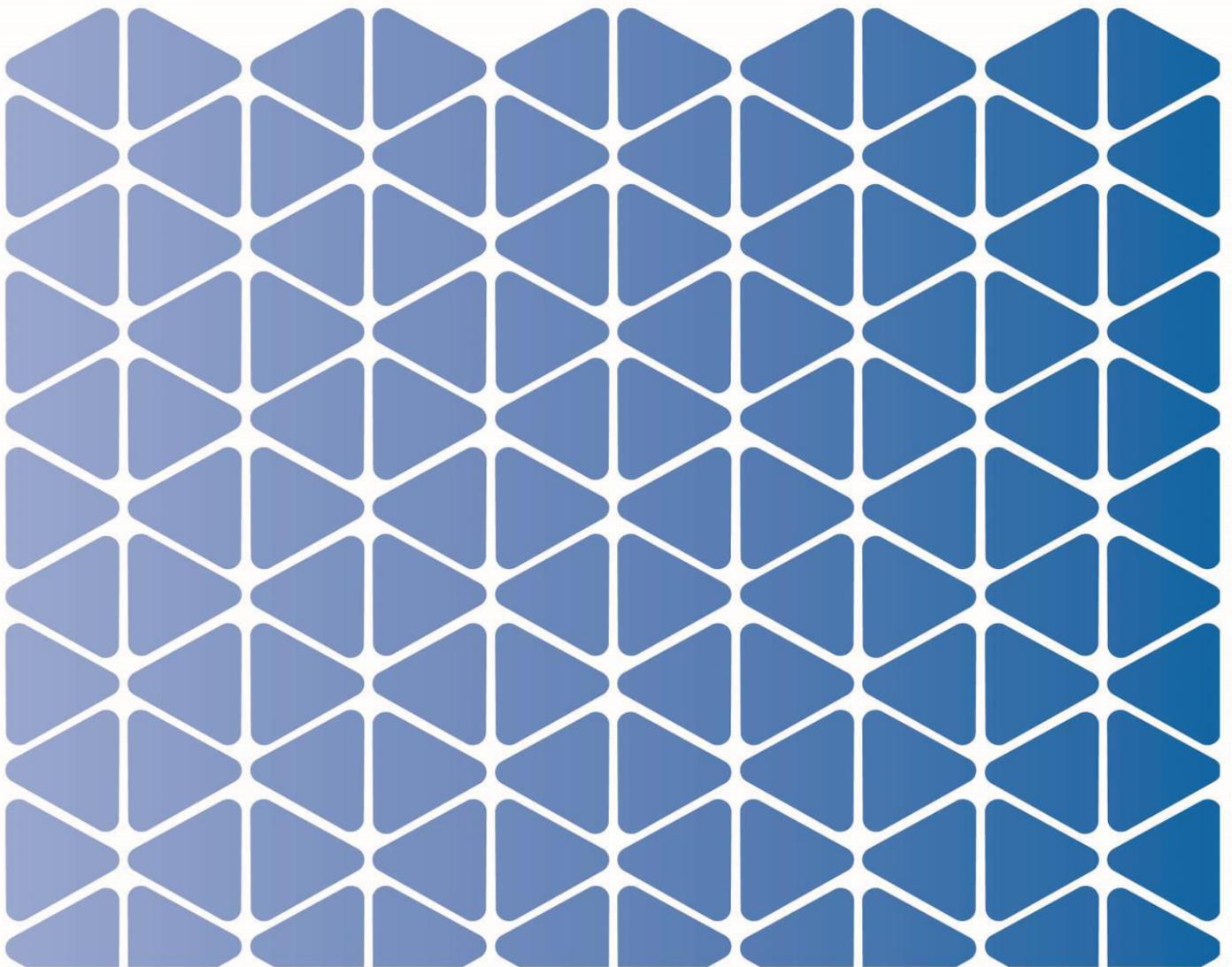


DIETARY ADVICE FOR PATIENTS RECEIVING RADIOTHERAPY TO THE PELVIS



This leaflet is to assist you with bowel and bladder preparations for your radiotherapy treatment.

Please do not change your diet dramatically, however if you do suffer from wind/bloating try the following:

- Avoid food which makes you feel bloated or gives you excess wind, everyone is affected by different foods; see suggestions below for examples of problem foods
- Eat 3 small meals per day with 2-3 snacks in between; going long periods without eating can increase gas in the bowel.
- Eat in a relaxed environment, chew food slowly and try to avoid swallowing air with food (i.e. by talking or taking large mouthfuls)
- Avoid chewing gum and artificial sweeteners (e.g. sorbitol, aspartame)
- Avoid spicy, fried or fatty foods
- Keep hydrated by drinking 6-8 cups of water per day, between meals
- Try to limit drinking half an hour before and after meals and try not to drink large amounts during meals, this will allow your food to be absorbed more effectively.
- Try to avoid fizzy drinks, diet drinks, alcohol and keep caffeinated beverages to a minimum (coffee, tea, cola, energy drinks)
- Take gentle exercise daily, avoid sitting for long periods of time and wearing tight fitting clothing
- Stop smoking if at all possible

Foods that may increase symptoms of wind/bloating:

- Onions, garlic, cabbage, sprouts, broccoli, sweet corn, cucumber, radishes, spinach, prunes, dried fruit, kiwi, banana, fresh apple or pear
- Baked beans, Kidney beans, nuts, peas, lentils, chickpeas, and other pulses

Please let us know if you are having problems emptying your bowels or if you wish to see a dietitian.

This is to be used as a guide only. If you continue to have on-going concerns with your nutritional intake, please discuss this with one of the team who can refer you to a Dietician.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.