



Dietary advice for reducing bowel gas during radiotherapy

Tips to reduce bowel gas:

- Limit intake of gas producing foods e.g. beans and pulses, Brussels sprouts, cauliflower, onions and lentils
- Limit intake of sugar-free mints/chewing gum
- Limit intake of carbonated/fizzy drinks (soft and alcoholic). Choose still varieties or water
- Avoid excessive amounts of fruits, including dried fruits
- Chew food slowly and try to sip fluids rather than gulping them. This will help to reduce the amount of air you swallow
- Take your time when eating and try not to consume large amounts of fluids with meals
- Establish a regular meal pattern and avoid skipping meals
- You may find it helpful to eat oats (such as oat-based breakfast cereal or porridge and linseeds (up to one tablespoon per day)
- You may wish to try probiotic supplements, yoghurts or fermented milk drinks. Take them daily for at least four weeks to see if they improve symptoms
- If able, take regular exercise to encourage bowel movements

If you have any further queries please contact your medical team for further information:

Name:

Tel:

Radiotherapy

Queen Elizabeth Hospital Birmingham

Mindelsohn Way, Edgbaston

Birmingham B15 2GW

Telephone: 0121 627 2000

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