



Speak to your dietitian if you face challenges looking for food alternatives.

5. To reduce gas and bloating while eating and drinking:

- Consume 5 or 6 small meals per day or eat every 2 to 3 hours.
- Eat slowly and chew your food well.
- Don't talk too much while eating.
- Avoid chewing gum and sucking on hard candy.
- Sip fluid between meals and not with meals.
- Use a glass instead of a bottle.
- Have less carbonated drinks (e.g., pop, soda, sparkling water and beer).
- Reduce consumption of coffee and tea.
- Skip the foam on your coffee.
- Don't use a straw or slurp from a spoon.

How long should I follow this advice?

Follow this nutrition guide while you are undergoing your treatment. Once you complete your treatment, you can return to your usual eating habits.

Contact us today to book an appointment or to learn more:

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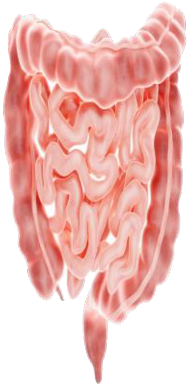
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# BOWEL PREPARATION



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Bowel preparation (empty rectum) improves the accuracy of your treatment by reducing the buildup of intestinal gas and keeping the size and shape of your bowels consistent. This reduces the risk of long-term side effects on the bowels.

Your treatment time may be significantly longer if there is a need to get rid of gas and faeces before treatment begins. It is important to reduce gas and bloating throughout your entire radiation treatment.

## What Should I Do for Bowel Preparation?

1. Your radiation therapy team will give you special instructions to help you prepare your bowel for your planning and treatment days. Ask your radiation therapy team to fill in the section below with instruction

Empty your bowel (poo) at least \_\_\_\_\_ hours before your appointment time.  
Medications (s): \_\_\_\_\_  
Diet instructions: \_\_\_\_\_ (e.g light lunch before appointment)  
Others instructions: \_\_\_\_\_

You do not need to empty your bowel for your appointment

2. Limit the consumption of foods with a sugar-free label, as they often contain artificial sweeteners known as sugar alcohol. These sugar alcohols are commonly found in sugar-free chewing gum and candy.

3. Maintain regular bowel movements (poops) by trying these practices to ensure at least one bowel movement per day:

**Stay active:** Take a walk, do housework, or stand more than you sit. These activities help food move through your digestive system.

**Drink between meals:** Water, milk alternatives (non-dairy), or broth are good choices. Talk to your doctor if you have been advised to limit or restrict fluid intake.

4. Maintain a healthy diet and avoid the gas-forming foods listed below:

### Vegetables & Legumes

- Asparagus & soy
- Beans (e.g., black beans, broad beans & kidney beans)
- Bitter melon, cauliflower
- Cabbage & dhal
- Garlic & leeks
- Mushrooms & onions
- Peas & petai
- Spring onions (the white part)
- Durians & potatoes



### Fruit

- Apples & apple juice
- Bananas (ripe)
- Mangoes & peaches
- Pears & pear juice
- Plums & raisins
- Watermelons



### Milk & Dairy Products

- Cheese
- Cow & goat's milk
- Ice cream & yogurt



### Others

- Evaporated or sweetened condensed milk
- Bran & whole wheat bread
- Nuts & seeds
- Sweeteners (e.g., high fructose corn syrup & honey)

