Dietary advice for patients receiving radiotherapy to the pelvis for prostate cancer

This leaflet has been written to give you some dietary advice to follow before starting your radiotherapy. When having radiotherapy to the prostate it is important to have an empty bowel before the planning appointment and before each treatment. This will make sure that your treatment is given in the same place each day.

To assist you to have regular bowel movements

Follow your usual diet however;

• Please eat small amounts of food regularly and avoid skipping meals which may reduce or prevent bloating.
• Increase gentle exercise daily (try to take a walk).
• Drink at least eight cups of fluid per day and avoid fizzy drinks.
• Continue with any regular prescribed medicines.
• Eat a varied healthy diet and avoid foods high in fat

Avoid the following

• Hot and spicy foods, fried and fatty foods. Artificial sweeteners (things like sorbitol and aspartame).
• Keep caffeine e.g. coffee, tea, coca-cola and alcohol to a minimum.
• Avoid any food which cause you to feel bloated, however do not eliminate all vegetables or dramatically change your diet.

Advice when eating

• Eat slowly and chew your food well, this may reduce the amount of gas swallowed.
• Chew with your mouth closed and avoid talking.
• Avoid chewing gum.
• Drink after your meal rather than throughout and sip drinks rather than gulp them.
• Avoid tight fitting clothing
• Avoid smoking

Please let us know if you are having problems emptying your bowels

Revised by Jill Mckenna: April 2012
Review Date: April 2014
Ref:MR R/T 6 FRH V2