



Diet Instructions for Patients Receiving Radiation to the Stomach

UHN

When do I need to follow these diet instructions?

You will need to follow these instructions for your radiation planning appointment, and every day for your treatment appointment. Your appointments will be scheduled in the morning between 9:00 am and 11:00am.

Why do I need to follow these diet instructions?

Your radiation treatment will be given precisely around your upper abdomen (stomach area). To make sure that you get your radiation treatment at exactly the same area, it is important to eat a **similar diet** before every appointment.

If you forget to follow your diet instructions before your radiation planning appointment, your radiation therapist may not be able to proceed. You will likely have to rebook your planning appointment for another day, which may delay starting your treatment.

What do I need to do?

On the morning of your radiation **PLANNING and TREATMENT** appointments:

- **Do not** have breakfast
- **Do not** drink fizzy or carbonated drinks (like, soda pop or sparkling water)

1 hour **BEFORE** your radiation **PLANNING and TREATMENT** appointments:

- Eat 2 slices of bread or toast with any spread (such as butter, jam or peanut butter)
- Drink 1 cup of liquid (coffee, tea, water, or juice)

Tip: If you have a long drive to get to your appointments, you may need to bring this with you to eat when you get here.

When you arrive at the treatment unit, tell your radiation therapist that you have eaten to make sure you start your treatment on time.

Can I eat what I want when I am done treatment for the day?

After your treatment is finished for the day and on days when you are not getting treatment (like on weekends and holidays), you may eat any food that you enjoy and are able to eat.

Please talk to your Radiation Therapists if you have any questions or concerns about these guidelines.

Please visit the UHN Patient Education website for more health information:

www.uhnpatienteducation.ca

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