

Dietary Guideline for Patients Receiving Radiation Therapy to the Liver



PMH

When do I need to follow the Dietary Guidelines?

You will need to follow the Dietary Guidelines for your Radiation Therapy Simulation and Treatment appointments.

Why do I need to follow these guidelines?

It is important to have a fairly empty stomach for each appointment because the position of your organs may change depending on how full your stomach is. If you forget to follow the eating guideline, you may have to wait until your stomach is less full before we can continue.

What do I need to do?

Please **DO NOT** eat anything less than 2 hours before your appointment.

For Morning appointments

- Have only a **light breakfast at least 2 hours** before your appointment
- Your stomach should be fairly empty

For Afternoon appointments

- Have your breakfast as you would normally
- Have a **light lunch at least 2 hours** before your appointment
- Your stomach should be fairly empty

Remember: please take all your prescribed medications as directed. If you need to take medication with food less than 2 hours before your appointment, take it with a few crackers and some water, not a full meal.

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 (such as weekends and holidays), you may eat any food that you enjoy and are able to eat.

Please talk with 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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Created: 08/2011
Form: D-5786

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