

Advice on diet for patients receiving High dose rate rectal brachytherapy or contact x-ray brachytherapy for rectal cancer (Papillon)

It is beneficial to ensure that your rectum is as empty as possible when you receive your course of treatment. Having an empty rectum is helpful in a number of ways:

- it helps your doctor to see the area to be treated more easily
- assists in making the procedure as straight forward as possible

In order to achieve this, you will need to modify your diet, starting three days before the day of the procedure. You will need to eat a diet that is low in fibre and avoid foods that increase the activity of your bowel. This type of diet is known as a “low residue diet”. You may notice that you need to empty your bowels less often and pass smaller amounts. A list of foods to avoid and those that are allowed can be found overleaf.

Before the procedure, you will be given a micro-enema (into the rectum) to ensure that your rectum is as empty as possible. .

On the day of the procedure

You should have a light breakfast e.g. cereal (those allowed on the list) or white toast and a light lunch e.g. white bread sandwich with lean meat, cheese or egg.

After the procedure is complete you can return to your normal diet. It may take several days to return to your usual bowel habit.

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Food group	Foods allowed	Foods to avoid
<u>Bread, other cereals and potatoes</u>	<ul style="list-style-type: none"> ◆ White bread, white chapatti, white, pitta ◆ White pasta ◆ White rice ◆ Refined cereals e.g. Rice Krispies, Cornflakes ◆ Cream crackers, ricecakes. ◆ Boiled, mashed or roast potatoes (no skin) ◆ Yams, sweet potato (no skin) 	<ul style="list-style-type: none"> ◆ Wholemeal /granary bread, added fibre white bread, brown chapatti, wholemeal pitta ◆ Wholegrain pasta ◆ Brown rice ◆ Wholegrain cereals e.g. Bran Flakes, Weetabix, Muesli, porridge ◆ Rye crispbreads, wholemeal crackers, oatcakes ◆ Jacket potato skins
<u>Fruit and vegetables</u>	<ul style="list-style-type: none"> ◆ Fresh, tinned or stewed fruit but remove any skin, pith, pips ◆ Well cooked vegetables, but remove any skins, stalks, seeds ◆ Tinned vegetables without skins, stalks, seeds 	<ul style="list-style-type: none"> ◆ Dried fruit ◆ Sweetcorn ◆ Mushrooms ◆ Coconut ◆ Tomatoes ◆ Peas
<u>Pulses and nuts</u>	<ul style="list-style-type: none"> ◆ None, unless you are vegetarian, in which case you may take a small portion lentils, houmous or mushy peas 	<ul style="list-style-type: none"> ◆ Beans including baked beans, chick peas, peas, lentils unless vegetarian ◆ All nuts and seeds
<u>Meat, fish and eggs</u>	<ul style="list-style-type: none"> ◆ Fish ◆ Poultry ◆ Lean meat ◆ All cooked, broiled, or roasted ◆ Quorn, tofu and textured vegetable protein (TVP) 	<ul style="list-style-type: none"> ◆ Avoid skin, gristle, bone and any dishes containing pulses e.g. chilli con carne
<u>Milk and dairy products</u>	<ul style="list-style-type: none"> ◆ Milk, cream ◆ Plain or fruit puree yogurts (no dried fruit) ◆ Cheese 	<ul style="list-style-type: none"> ◆ Yogurts containing nuts, dried fruit or cereal
<u>Miscellaneous</u>	<ul style="list-style-type: none"> ◆ Butter, margarine, oil ◆ Plain biscuits e.g. Rich Tea, Morning Coffee ◆ Cakes, puddings and pastries made with white flour ◆ Jelly, ice-cream, milk puddings, custard, sorbet ◆ Honey, sugar, syrup, 'jelly' type jams, fine-cut marmalade ◆ Tomato ketchup, brown sauce, mayonnaise ◆ Salt, pepper, herbs, spices ◆ Boiled sweets, chocolate, toffee or fudge without dried fruit or nuts ◆ Tea, coffee, fruit squash, fizzy drinks, chocolate or malted milk drinks, Bovril 	<ul style="list-style-type: none"> ◆ Wholemeal biscuits e.g. Digestives ◆ Biscuits containing dried fruit or nuts e.g. Garibaldi, Fig rolls ◆ Cakes, puddings and pastries made with wholemeal flour, dried fruit or nuts ◆ Flapjacks, cake, biscuits or puddings made with oats ◆ Jams with seeds or skin, thick cut/chunky marmalade, sweet mincemeat ◆ Pickles or chutneys ◆ Sweets and chocolate with fruit or nuts, Muesli bars ◆ Popcorn