

Ways to Avoid Gas during Radiation

Gas is a normal part of life. However, a lot of gas can cause the organs in your pelvis to shift during radiation and affect your treatment. This handout lists some ways to help avoid gas during radiation.



Follow the tips listed below 2 to 3 days before your CT simulation scan. Follow the tips again 2 to 3 days before your radiation treatments start and continue until you are done with radiation.

Avoid these foods and drinks that can give you gas

- Beans. Green beans are ok but avoid other types of beans such as kidney beans and black beans.
- Foods with corn syrup, isomalt, fructose, or sugar substitutes as maltitol, mannitol, sorbitol and xylitol
- Fizzy soda or pop, seltzer water and beer

If there are other foods and drinks that you know give you gas, avoid those as well.

Other ways to reduce gas

- Exercise - Even light walking can help keep your bowels moving. After eating, try to walk for a few minutes. For some gentle movement exercise ideas, see the videos on our website: www.uhhospitals.org/cancerrehab or scan the QR code.
- Take Beano or Gas-X (also called Simethicone) as directed on the bottle or box. These are medicines you can buy at a drugstore. They help relieve gas.
- Eat and drink slowly. Avoid chewing gum and smoking.
- If you are not having daily bowel movements, ask your radiation doctor or nurse what medicine you can take to help with constipation.

