



## Ideas to help reduce wind and bloating

This information is a guide for people who are experiencing wind and bloating as side effects of their treatment. If you have any questions or concerns please ring us on one of the telephone numbers below.

### Eat regularly

Eat small, frequent meals which keep your bowels moving. This is because smaller meals are more easily digested. Skipping meals and an irregular eating pattern can lead to increased wind.

### Try to avoid swallowing air by:

- chewing food slowly and thoroughly
- keeping your mouth closed while chewing
- avoid talking too much when eating
- avoid chewing gum
- try not to gulp or use straws when drinking; sip drinks slowly

### Try to limit your intake of wind-producing foods such as:

- onions
- broccoli/cauliflower
- cabbage and Brussels sprouts
- beans/lentils
- spicy food (if you are not used to eating this)
- excessive amounts of fruit and dried fruit
- large amounts of artificial sweeteners, sugar-free sweets and gum

You can eat all other foods that are not listed here (follow the usual restrictions if you are diabetic or have a food allergy).

If you have excessive wind or bloating following a meal, check what you have eaten and try to avoid this for a few weeks before trying it again.

### Drink plenty of fluids

You should aim to drink at least two litres of fluids each day. This includes water, soft drinks and hot drinks.

Avoid drinking excess caffeine. This is found in tea, green tea, coffee, some fizzy drinks and energy drinks. Try to drink decaffeinated/reduced caffeine varieties instead or herbal/fruit teas.

Peppermint tea may help improve symptoms of wind.

Try to avoid drinking fizzy/carbonated drinks. To reduce the fizz, drinks can be poured and left to stand for 10 minutes.

### Exercise

Regular gentle exercise such as walking and stretching can help move wind and regulate your bowel movements.

If you feel you have wind before your radiotherapy try walking around to see if this helps you to release the wind.

### Contacts

Clinic radiographers  
(Monday–Friday 8.00am–4.30pm)

020 3826 2612  
or  
07825 024058

