



Ideas to help reduce wind and bloating

This information is a guide for people who are experiencing wind and bloating due to side effects from 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
- sip drinks slowly. Try not to gulp or use straws when drinking fluids

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

- onions
- broccoli/cauliflower
- cabbage
- 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

Drink plenty of fluids

Increase your fluid intake. You should aim for two litres of water (or squash) plus hot drinks.

Avoid drinking excess caffeine. This is found in tea, green tea, coffee, fizzy drinks and energy drinks. Try to drink decaffeinated/reduced caffeine drinks instead – coffee, tea, green tea, herbal and fruit teas. There is some evidence to suggest peppermint tea can help improve symptoms of wind.

Try to avoid drinking fizzy/carbonated drinks including alcohol. 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 will help you to release the wind.

Further suggestion

Some people experience relief from the symptoms of stomach pain and bloating (caused by the build up of trapped wind), by taking 'Wind-eze' tablets. Please speak with your treatment team or your local pharmacist.

Contacts

Clinic radiographers (Monday - Friday 08.00 - 16.30) 020 3826 2612
..... or 07825 024058



This publication has been produced by the Information team at the Lynda Jackson Macmillan Centre. Contributors include professionals, patients and carers from Mount Vernon Cancer Centre who have expertise and experience in the topics covered by this publication. All our publications are reviewed and updated regularly. If you would like any details of the references used to write this information please contact the LJMC on 020 3826 2555.