

# Eating and drinking before radiotherapy to the stomach

This leaflet explains what you need to do to prepare for having radiotherapy to the stomach. If you have any further questions, please speak to the doctor or radiographer caring for you.

## How can I prepare my stomach for radiotherapy?

You will need to have an empty stomach for your planning scan and for all your radiotherapy treatments. This means fasting (not eating any food) for at least six hours before your treatment.

## Why do I need to have an empty stomach?

Your stomach needs to be the same size for treatment every day. To ensure that it is the same size for each treatment, it needs to be empty.

## How long will I have to go without food?

Appointments are usually in the morning, so we advise that on the day of your treatment, you do not eat anything until after your appointment. If your appointment is in the afternoon you can eat an early breakfast. **Please make sure that you have not eaten anything for at least six hours before your appointment.**

## Can I drink before my appointments?

You can drink no more than one pint of water up to an hour before your appointment.

## What happens after my planning scan or treatment?

The scan appointment will take at least 30 minutes. You will be able to eat and drink normally afterwards.

## Contact us

If you have any questions or concerns, please contact the radiotherapy department on **020 7188 3160** (Monday to Friday, 9am to 5pm).

Guy's and St Thomas' hospitals offer a range of cancer-related information leaflets for patients and carers, available at [www.guysandstthomas.nhs.uk/cancer-leaflets](http://www.guysandstthomas.nhs.uk/cancer-leaflets). For information leaflets on other conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)



**Dimbleby Cancer Care** provides cancer support services for Guy's and St Thomas'. We have a drop-in information area staffed by specialist nurses and offer complementary therapies, psychological support and benefits advice for patients and carers.

Dimbleby Cancer Care is located in the Welcome Village of the Cancer Centre at Guy's. **t:** 020 7188 5918 **e:** [DimblebyCancerCare@gstt.nhs.uk](mailto:DimblebyCancerCare@gstt.nhs.uk)

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the clinical nurse specialist or other member of staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

### Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

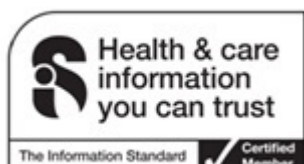
**t:** 0800 731 0319 **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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