

Special Eating Instructions

You need to follow special eating instructions before your CT simulation and radiation treatment appointments. It is important for you to read and follow these instructions.

Before your CT simulation and your radiation treatment appointments, you need to:

- ✓ Eat the same light meal before every appointment. This is to make sure you have the same amount of contents in your stomach before your appointment.

Choose the instructions that go with the time of your appointment.

If your appointment is in the morning

- Do not eat your breakfast.
- At least 1 hour before your appointment have 1 cup of tea, coffee or other non-carbonated beverage, and 2 slices of bread or toast.

If your appointment is in the afternoon

- Eat your regular breakfast at least 5 hours before your appointment.
- At least 1 hour before your appointment have 1 cup of tea, coffee or other non-carbonated beverage, and 2 slices of bread or toast.

After your CT simulation and radiation treatment appointments, you may eat your normal diet.

Please talk to any member of your health care team if you have questions or do not understand any of the information in this handout.

If you have a problem or concern about a cancer related symptom

1. Call your primary nurse at the cancer centre from 8:30 am to 4 pm, Monday to Friday (except on holidays). Your primary nurse will have given you the number to call.
2. Call the After-hours Symptom Management Telephone Service at 1-877-681-3057.
 - From 5 pm to 8:30 am, Monday to Friday.
 - On weekends and holidays at any time of the day or night.

If you are having a medical emergency, call 911 or go to the emergency department at the hospital closest to you.

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