

CHEMOTHERAPY DIET ADVICE

HAEMATOLOGY UNIT PATIENT INFORMATION LEAFLET



Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:

01253 955588

Our Four Values:

People Centred

Positive

Compassion

Excellence

Dietary Restrictions During Chemotherapy

It is important to try to eat a well balanced diet during chemotherapy treatment and maintain a good fluid intake. However, certain foodstuffs carry a risk of infection. Usually these cause gastro-enteritis with diarrhoea and vomiting (tummy upsets) in healthy people but such infections can be severe when undergoing chemotherapy. Some foodstuffs also harbour unusual bacteria, yeasts and fungi that, although harmless to most people, may cause serious infection if patients are undergoing especially intensive chemotherapy treatment such as stem cell transplantation. It is therefore sensible to take a few dietary precautions outlined below.

A member of the nursing staff may be able to help you with any problems you are having with your diet and when restrictions can be safely lifted. They may arrange a referral to a dietician if you are finding eating particularly difficult.

Foods to avoid

- Any food which has not been thoroughly cooked and is not 'piping hot', especially undercooked meat and poultry products. Try not to have frozen foods but if you do, ensure you follow the cooking instructions on the packet closely. Never thaw and refreeze frozen foods. Never reheat food.
- All salad and raw vegetables.
- All thin skinned or damaged fruit.
- All unpasteurised milk and dairy products, such as yoghurt, cheese and cream.
- Any food made from raw eggs such as homemade mayonnaise, lemon curd, mousse or ice cream.

- All take away foods.
- All unwrapped food from the 'Deli' counter such as pies and cooked meats
- Soft cheeses such as Brie or blue cheeses.
- All raw seafood such as prawns, oysters and mussels.
- Freshly ground peppers and spices.
- Raw nuts.
- Homemade unpasteurised beers.
- Unwrapped bread bought loose over the counter or that has been stored unwrapped.

Foods you can eat freely

- All tinned foods.
- All pasteurised milk, cream, cheeses, and yoghurts.
- Thick-skinned fruit that has to be peeled.
- Biscuits and cakes - but small packets and individual plain cakes (no fresh cream) and keep them sealed in bags or tins.
- All freshly cooked foods (but not take-aways) but ensure meat and poultry are thoroughly cooked with no 'pink centre' etc.
- All drinks but use individual cartons or cans especially for sweet drinks.
- Avoid large cartons or bottles. Avoid tap water that has not recently been boiled or drink bottled water. Avoid ice-making machines.
- Sweets and individually wrapped bars of chocolate.
- Individual packets of crisps.
- All hard cheeses.
- Cooked meats in vacuum packaging- but only if opened recently.
- Ice creams and lollies in individual portions.
- Sandwiches as long as they are made with freshly wrapped bread.



Useful contact details

At home, store food carefully and refrigerate at the correct temperature. Do not eat or drink from already opened cartons, tins or bottles. Dispose of these after four hours from opening. In hospital, discourage visitors from bringing in food.

Haematology / Oncology Day Unit

01253 956836 Monday - Friday
8.30am - 5.00pm

Haematology / Oncology Ward

01253 953403 Outside of the above hours

Hospital Switchboard: **01253 300000**

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: **01253 955589**

email: patient.relations@bfwh.nhs.uk

You can also write to us at:

**Patient Relations Department, Blackpool Victoria Hospital,
Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: www.bfwh.nhs.uk

References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from: **Procedural Document and Leaflet Coordinator 01253 953397**

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