

Adjusting your diet to manage side-effects of chemotherapy

Chemotherapy can cause side-effects that affect your appetite.

Adjusting your diet may help you to cope.

Your doctor may be able to give you specific advice about your diet.



Drink plenty of fluids

If you have lost your appetite¹ or have nausea or vomiting,² dry mouth,³ or dry skin⁴
Drink at least **8** glasses of fluids daily if you have diarrhoea,⁵ constipation,⁶ urinary problems,⁷ or anaemia⁸



Eat foods containing sodium and potassium

If you have diarrhoea or vomiting^{5,9}



Eat foods high in fibre

If you are constipated⁶



Eat foods high in protein

If you have anaemia⁸ or are very tired¹⁰



Avoid spicy foods

If you have a sore throat or mouth,³ are nauseous,² have diarrhoea,⁵ or have urinary problems⁷



Avoid salty foods

If you have a sore throat or mouth,³ or oedema¹¹



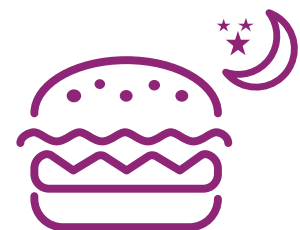
Eat 6 small meals daily

If you have lost your appetite,¹ have diarrhoea,⁹ or are fatigued¹⁰



Avoid alcohol

If you have a sore throat or mouth,³ are very tired,^{10,12} or have urinary problems⁷



Do not drink or eat too much before bedtime

If you are having trouble sleeping¹³

References

1. National Cancer Institute. [Appetite Loss](#). Accessed November 2015.
2. National Cancer Institute. [Nausea](#). Accessed November 2015.
3. National Cancer Institute. [Mouth and Throat Problems](#). Accessed November 2015.
4. National Cancer Institute. [Skin and Nail Changes](#). Accessed November 2015.
5. NHS Choices. [Diarrhoea - Treatment](#). Accessed November 2015.
6. National Cancer Institute. [Constipation](#). Accessed November 2015.
7. National Cancer Institute. [Urinary and Bladder Problems](#). Accessed November 2015.
8. National Cancer Institute. [Anaemia](#). Accessed November 2015.
9. National Cancer Institute. [Diarrhoea](#). Accessed November 2015.
10. National Cancer Institute. [Fatigue](#). Accessed November 2015.
11. National Cancer Institute. [Edema](#). Accessed November 2015.
12. NHS Choices. [Self-help tips to fight fatigue](#). Accessed November 2015.
13. National Cancer Institute. [Sleep Problems](#). Accessed November 2015.

