



Special Eating Instructions

This handout offers information on the special eating instructions you need to follow before your CT simulation and radiation treatment appointments. It is important you read and follow these instructions.

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

- ✓ Eat the same light meal 2 hours 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**

- Eat a light breakfast 2 hours before your appointment. Do not eat or drink for 2 hours before your appointment (except for sips of water to take medications).
- Example of a light breakfast: 1 cup of tea, coffee, water or other non-carbonated beverage, and 2 slices of bread or toast with any spread.

☐ **If your appointment is in the afternoon**

- Eat your regular breakfast.
- Eat a light lunch 2 hours before your appointment. Do not eat or drink for 2 hours before your appointment (except for sips of water to take medications).
- Example of a light lunch: 1 cup of tea, coffee, water or other non-carbonated beverage, and 2 slices of bread or toast with any spread.

Eat your normal meals **after** your CT simulation and radiation treatment appointments.

If you have a problem or concern about a symptom or side effect from your cancer treatment

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 4 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

Talk to a nurse using one of these options:

- Call the after-hours telephone line at 1-877-681-3057.
- Request a video call by going to carechart.ca.
- Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Call 911 or go to the Emergency Department at the hospital closest to you for a medical emergency. Talk to a member of your healthcare team if you have questions or do not understand any of the information in this handout.

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