

Esophagitis During Radiation Therapy

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Esophagitis is inflammation or irritation of the esophagus (the tube through which food passes when we swallow). It is a side effect that you may experience if your radiation therapy treatments are given to the throat, chest, or breast. You may experience heartburn or a “lump” in your esophagus, the feeling that food is stuck in your esophagus, pain, or difficulty swallowing certain foods.

If you feel esophagitis, please let a member of your healthcare team know. Using the following tips may help:

- Take your time when eating and drinking.
- Take small bites and chew solid foods very well before swallowing.
- Eat 6 small meals per day.
- Use sauces and gravies to moisten food.
- Cut food into small pieces.
- Do not swallow any hard chunks.
- Take a sip of liquid after each bite and at the end of your meal.
- Stop eating when you start to feel full.
- Avoid very hot or very cold food or drinks.
- Avoid alcohol-based mouthwashes.
- Sit upright when eating and stay upright for at least 45 minutes after eating.
- Stop eating and drinking 3 hours before bedtime.
- To avoid gas or bloating: do not use straws, chew gum, or eat hard candies, mints, or lozenges, and avoid carbonated (fizzy) drinks like pop.
- Chew food with your mouth closed.

Esophageal Soft Diet

This diet includes soft, moist foods and fluids that are easy to swallow. It is important to follow this diet to avoid foods that may irritate your throat.

Best Choices	Foods to Avoid
<p data-bbox="105 359 311 390"><u>Grain products:</u></p> <ul data-bbox="159 415 764 709" style="list-style-type: none"><li data-bbox="159 415 764 499">• Cooked cereal and dry cereal that softens easily with milk<li data-bbox="159 520 764 604">• Pasta and soft, moist rice in soups and sauces<li data-bbox="159 625 764 709">• Crushed crackers and pieces of bread with crusts off, soaked in soup <p data-bbox="105 785 380 816"><u>Vegetables and fruit:</u></p> <ul data-bbox="159 842 797 1367" style="list-style-type: none"><li data-bbox="159 842 797 968">• Soft, very well-cooked vegetables with skins removed, chopped fine and used in soups, sauces, and stews<li data-bbox="159 989 797 1073">• Soft, moist mashed or scalloped potatoes in gravy or sauce<li data-bbox="159 1094 797 1178">• Minced yellow or green beans and minced peas in gravy or sauce<li data-bbox="159 1199 797 1241">• Canned and cooked fruit with peels removed<li data-bbox="159 1262 375 1304">• Ripe banana<li data-bbox="159 1325 548 1367">• Applesauce, apple blends	<p data-bbox="826 359 1032 390"><u>Grain products:</u></p> <ul data-bbox="880 415 1485 667" style="list-style-type: none"><li data-bbox="880 415 1485 499">• Fresh “doughy” or crusty bread, muffins, biscuits, pancakes, waffles<li data-bbox="880 520 1279 562">• Granola, Shredded Wheat®<li data-bbox="880 583 1485 667">• Breads and cereals containing seeds, nuts, coconut, and dried fruit <p data-bbox="826 795 1101 827"><u>Vegetables and fruit:</u></p> <ul data-bbox="880 852 1513 1367" style="list-style-type: none"><li data-bbox="880 852 1513 894">• Raw or stir-fried vegetables, salads, coleslaw<li data-bbox="880 915 1513 1094">• Tough or stringy cooked vegetables (such as spinach, celery, whole peas, whole green and yellow beans, Brussels sprouts, stewed and diced tomatoes, asparagus, corn)<li data-bbox="880 1115 1279 1157">• Raw fruit (bananas are OK)<li data-bbox="880 1178 1513 1262">• Pineapple, grapes, kiwi, grapefruit, oranges, rhubarb, berries<li data-bbox="880 1283 1442 1367">• Dried or candied fruit (raisins, currants, dates)

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<p><u>Milk products:</u></p> <ul style="list-style-type: none"> • Milk, smooth yogurt, pudding, ice cream, mousse, creamy cottage cheese, thin cheese sauce <p><u>Meat and alternatives:</u></p> <ul style="list-style-type: none"> • Minced tender meat, poultry, or boneless fish, always in gravy, sauce, or broth • Scrambled, poached, or soft-boiled eggs, chopped and topped with melted margarine or sauce • Well-cooked, tender legumes and lentils in soup or sauce (for example, soft baked beans) <p><u>Other:</u></p> <ul style="list-style-type: none"> • Nutritional beverages such as Ensure®, Boost® • Milkshakes, Carnation Breakfast Anytime® • Commercial eggnog, sherbet, Jell-O® 	<p><u>Milk products:</u></p> <ul style="list-style-type: none"> • Stringy cooked cheese, such as melted cheddar or mozzarella • Hard cheese • Yogurt with nuts or granola <p><u>Meat and alternatives:</u></p> <ul style="list-style-type: none"> • Dry, tough, or stringy meats • Bacon • Nuts and seeds • Hard-boiled and fried eggs • Peanut butter (unless blended in a smoothie) <p><u>Other:</u></p> <ul style="list-style-type: none"> • Popcorn, chips, tacos • Foods containing coconut, nuts, seeds, or dried fruit • Pickles, olives • Gelatin-type candies (gum drops, jelly beans) • Cake, pie, pastry • Spicy foods (pizza, chili)

High-Protein High-Calorie Drink Recipes:

High-Protein Milk

1 cup (250 ml) whole milk

¼ cup (60 ml) skim milk powder

Add powder to milk. Mix until dissolved. Refrigerate.

Makes 1 serving.

Energy: 260 calories

Protein: 19 grams

Can be used as a beverage, in milkshakes, on cereal, on cooked or puréed fruit, in soups, puddings, cream sauces, and mashed potatoes.

High-Protein Milkshake

1 cup (250 ml) whole milk

½ cup (125 ml) plain ice cream or frozen yogurt

¼ cup (60 ml) skim milk powder

½ cup (125 ml) fruit (try bananas or peaches)

Place ingredients in blender. Blend ingredients together until smooth. Refrigerate.

Makes 1 serving.

Energy: 345 calories

Protein: 22 grams

For safe use of homemade drinks:

- Keep drinks refrigerated and throw out after 24 hours.
- Do not keep drinks at room temperature for longer than 2 hours.
- Do not add raw eggs to your blended drinks. Egg beaters® or Naturegg Break-Free™ commercial egg substitutes can be used. These are found in the cold or frozen section at your local grocery store.

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For more information, go to <http://library.novascotia.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider. The information in this pamphlet is to be updated every 3 years or as needed.