

## **Dietary Guidelines for Prostate MRI**

The purpose of these guidelines is to reduce the amount of gas present in your large bowel during your prostate MRI examination. Gas in your rectum can cause imaging artifacts on the scan that decrease the ability of the study to identify abnormalities. You will need to follow these guidelines starting **3 days before** your **Prostate MRI**.

Everyone has gas in their gut. This is normal. You cannot stop your body from making gas. However, there are a few things you can do to cut down on how much gas you make.

### ***Where does gas come from?***

#### **Swallowed Air**

Swallowed air makes up 90% of the gas in our digestive tract or gut. Some of this air leaves the stomach through burping or belching. The rest passes through our digestive tract and is released through the rectum (passing gas or flatulence).

Suggestions for swallowing less air include:

- Avoid skipping meals. An empty stomach can increase gas production.
- Chew food well. Eat food slowly and try to relax while eating.
- Do not talk a lot while eating.
- Drink 1.5-2L (6 to 8 cups) of fluid each day.
- Avoid gulping fluids. Sip fluids slowly throughout the day.
- Drink fluids from a glass. Do not use drinking straws or drink from a bottle or can.
- Drink fluids lukewarm instead of hot. Air is swallowed when hot drinks are sipped.
- Avoid carbonated drinks like pop, beer and carbonated water.
- Avoid chewing gum and sucking on hard candy.
- Do not smoke.

#### **Gas Made by Gut Bacteria**

The rest of the gas in our digestive tract comes from bacteria in the large intestine. These naturally occurring bacteria feed on undigested carbohydrates and fiber from the foods we eat. The following table will assist you in selecting foods that may help reduce the amount of gas produced in your large intestine. Every person tolerates food differently. One type of food may produce a lot of gas for some people but not others. Try to identify and avoid foods that cause discomfort to your digestive system.

<b>Grains, Breads &amp; Cereals</b>			
Foods you can eat	white bread/buns white bagels French bread white croutons white pita/tortillas white pizza crust	stuffing made with white bread white English muffins white pancakes white waffles	soda crackers white rice white pasta breakfast cereals with less than 2 grams fibre/serving
Foods you should avoid <i>(avoid bread products containing dried fruit, nuts or seeds)</i>	whole grain bread whole grain buns whole grain bagels whole grain pita whole grain tortillas whole grain pizza crust wheat bran	whole grain English muffins whole grain pasta brown or wild rice barley whole wheat couscous barley/quinoa	whole grain pancakes whole grain waffles breakfast cereals with more than 2 grams fibre/serving bran cereals Red River cereal
<b>Vegetables</b>			
Foods you can eat <i>(peel and remove seeds; well-cooked vegetables may be tolerated best)</i>	bamboo shoots bok choy carrots celery eggplant yellow/green beans	greens (e.g. chicory, collards, endive, kale) mushrooms pumpkin potatoes	squash tomatoes yams water chestnuts zucchini
Foods you should avoid	asparagus artichokes beets bell peppers broccoli Brussel sprouts	cabbage cauliflower corn cucumbers leeks onions	peas radishes rhubarb sauerkraut spinach turnips
<b>Fruits</b>			
Foods you can eat <i>(peel and remove seeds)</i>	applesauce peeled apple cantaloupe	watermelon honeydew melon canned fruit cocktail	mandarin oranges mango grapes
Foods you should avoid	dried fruit all berries kiwi banana	pears apple with skin papaya pineapple	oranges grapefruit
<b>Meat, Fish, Poultry &amp; Alternatives</b>			
Foods you can eat <i>(cook meats until tender)</i>	beef pork poultry	fish eggs	cheese cottage cheese smooth nut butters
Foods you should avoid	dried beans split peas chickpeas soy beans	baked beans kidney beans lentils lima beans	nuts & seeds crunchy nut butters
<b>Other Foods &amp; Beverages</b>			
Foods you can eat	unsweetened, pulp-free fruit or vegetable juices		
Foods you should avoid	caffeine-containing fluids (limit coffee to 4 cups per day) hot & spicy foods	foods or beverages containing sugar alcohols (e.g. sorbitol, mannitol, xylitol)	foods or beverages sweetened with high fructose corn syrup (e.g. pop, sweetened fruit juices, fruit drinks)