

SBRT Breath Holds for Radiation Treatments

You will receive external beam radiation therapy. This will require breath holds.

Before the Procedure

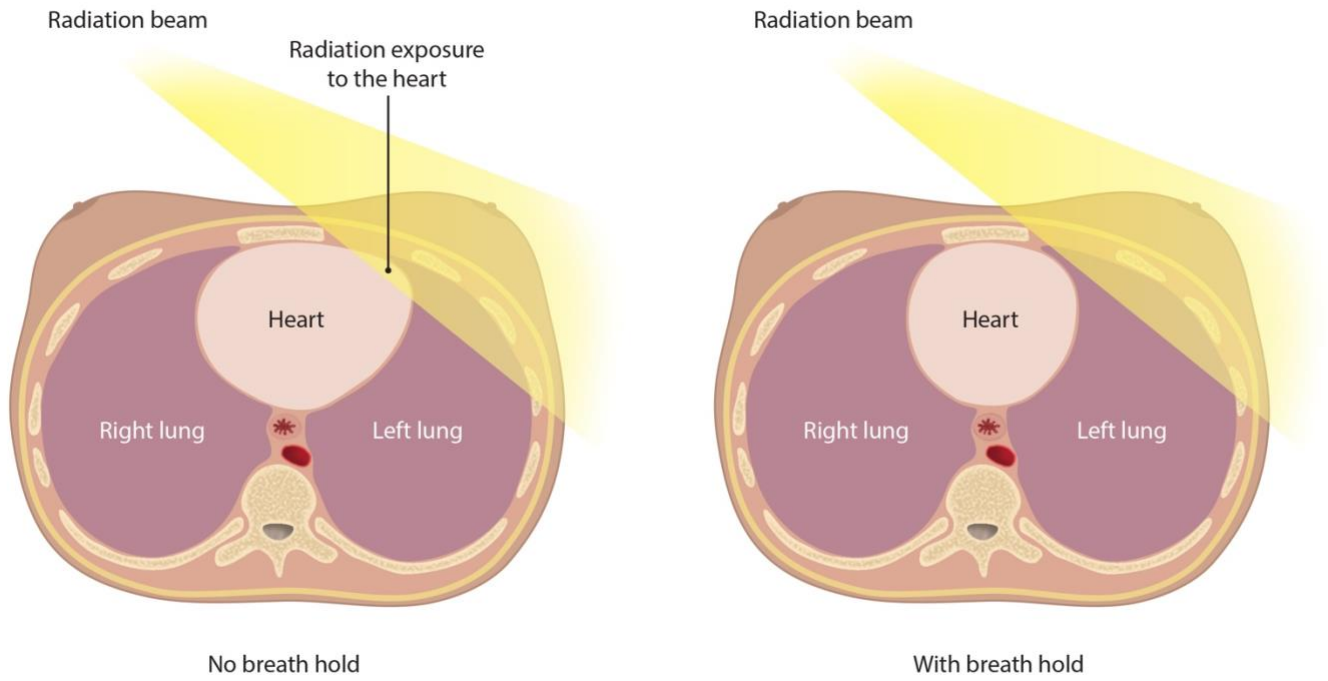
- Practice holding your breath for 30 seconds lying down with your arms over your head.
- Begin by taking in a deep breath and holding it.
- Try holding your breath for 30 seconds and then breathe regularly for 30 seconds. Repeat this cycle up to 30 times.
- When comfortable, practice holding your breath without arching your back.

Simulation Day

- You will be positioned with your arms over your head and then be asked to steadily hold your breath.
- The team will determine the length of time you can hold your breath.

Treatment Days

- The team will set you up in the treatment position to practice a few breath holds.
- There will be several practice breaths as the team ensures everything is aligned.
- We aim to complete all treatments within 1 hour. This can be tiring, but our team is prepared to work with you to ensure you are comfortable through the process.
- *Note:* If you wear dentures and wore them during your CT simulation, please make sure to wear them for all treatments.



Contact Us

During office hours, call your radiation oncologist. After hours, please call 214-645-8525.