

## Help is a Phone Call Away

If you are having side effects related to your cancer treatment, please contact:

### Symptom Support Telephone Service



During the day:  
Cancer Centre Symptom Support  
705-728-9090 x79565



Evenings, weekends and holidays:  
Bayshore CAREchart 1-877-681-3057

To cancel or change your appointment, please call 705-728-9090 x43333.

Please visit [www.rvh.on.ca](http://www.rvh.on.ca) for the latest information and hours of operation.



Simcoe Muskoka Regional Cancer Centre  
201 Georgian Drive  
Barrie, ON L4M 6M2  
Phone: 705-728-9090 x43333

[www.rvh.on.ca](http://www.rvh.on.ca)

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## Deep Inspiration Breath Hold Technique for Radiation Therapy

Your radiation oncologist has requested a treatment procedure that may need you to perform a **deep inspiration breath hold technique**.

### What is it?

It is a procedure that requires you to hold your breath during your CT scan and daily treatments. Special equipment is used to monitor your breathing and to ensure that your chest is in the correct position for your treatments.

### Why is it used?

When you take a deep breath, this expands your lungs and pushes your chest wall up and out. This makes it easier to target the radiation to your chest wall/breast and reduce the amount of radiation given to your heart and lungs.

## ***What to expect***

Every person's body is different, so we won't be able to see the benefit of the technique until your CT simulation appointment. If we can avoid radiation to the heart using our standard technique, then the Deep Inspiration Breath Hold Technique will not be used.

**Your Radiation Therapist will explain the procedure in detail when you come for your CT simulation appointment.**

You will need to be able to take a deep breath and hold it for **25 to 30 seconds**, so the best thing you can do to prepare is to **practice at home**.

## ***What can I do to prepare?***

The following steps should take you 10-15 minutes. **Try to practice this each day** leading up to your CT simulation appointment.

1. **Lie on your back.** Raise your **arms above your head**.
2. **Breathe normally.**
3. **Take a deep breath in.** Feel and see your chest rising. If you find it helpful, bring one hand down and place it on your chest while you practice.
4. **Hold the breath** for a few seconds and exhale. Repeat a couple of times and then return to normal breathing for a few minutes.
5. **Take a deep breath in and hold the breath for 10 seconds.** Repeat a few times and then return to normal breathing for a few minutes.
6. Gradually increase the length of breath holding until you can hold it for 30-40 seconds. **Be sure to return to normal breathing between deep breathing sessions.**

We're here to help. Contact us using the phone numbers listed on the back of this pamphlet.