

Assisted breath hold inhale technique

This information is to be used in conjunction with your site specific information sheet.

Breathing in/ inhaling and then holding your breath can help keep internal anatomy in the same position and minimise side effects from radiation therapy.

ARO has special equipment to help you achieve a dependable breath hold. You breathe through a snorkel like device which is connected to a computer. The device/computer system is called the Active Breathing Coordinator (ABC).

When you **inhale** the computer measures this amount of air. When this measurement reaches a certain point, the device will prevent you from breathing in any more (or out), and therefore keep you in a consistent breath hold.

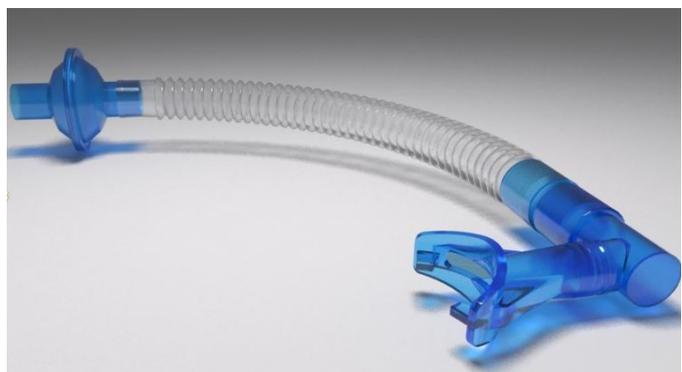
Criteria for the **assisted breath hold inhale technique** to be effective:

- Be able to **inhale** and hold your breath for approximately 20 seconds.
- Be comfortable breathing through your mouth only (your nose will be blocked with a soft clip).
- Your radiation oncologist confirms this technique improves your individualised treatment.

Preparing for the assisted breath hold inhale technique:

*Some patients have little time to practise but we recommend you practise **breathing in** a comfortable amount of air and holding your breath a few times each day. Start with 5 second breath holds and build up in 5 second intervals.*

You will be shown the ABC system at simulation (pre-treatment planning) and have time to become familiar with the assisted breath hold technique. There will be an opportunity to practice using it multiple times.



This is the snorkel like device (the mouthpiece on the end is comfortably sealed by your lips). A soft nose clip is used to ensure you are breathing only through your mouth.

At **simulation (pre-treatment planning)** your body position will be determined. We will then establish the amount of air you can breathe in and how long you can then hold your breath. Everyone is different.

You will then have a CT scan using this assisted breath hold technique. This involves staff leaving the room during which time you will be breathing freely. When you and the radiation therapists are ready to start, they will talk to you over the intercom system and guide you through the inhale technique.

*You will have a control (alert) button to hold down. **If at any time you wish to breathe normally you can release the control button** and the ABC system allows air to travel through the snorkel. Use of the control button will be demonstrated prior to the scan starting.*

You may have an appointment in a treatment room after your scan to simulate treatment setup and confirm the suitability of the breath hold technique without delivering any radiation. Or, on review of your CT scans your radiation oncologist may request another simulation appointment to try the technique again.

*Prior to your first day of treatment continue to practise **breathing in** and then holding your breath for 20 seconds a few times each day. You will also be able to practise with the equipment on your first day.*

The ABC system is connected to the treatment machine and it will only turn on when you are ready and have **inhaled** the correct amount of air. You will repeat this several times during each treatment.

A new mouth piece and snorkel filter is used for every treatment.

The assisted breath hold inhale technique will be used for all treatments. *Please inform any ARO staff member if this becomes too uncomfortable.*

Sometimes the assisted breath hold inhale technique cannot be used due to health problems that stop you from being able to hold your breath for the required length of time, or you choose not to hold your breath for treatment. That is fine as we can plan your treatment using other techniques.

- Visit Treatment Techniques on www.aro.co.nz to learn more.