

## Breathing Technique for Radiation Therapy

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During your radiation treatments, you will need to hold your breath for short amounts of time. Doing so limits the movement of your organs and keeps the treatment focused on the tumor.

When it's time for your treatment, this is the breathing technique you are asked to do:

1. Take a deep breath in when you are ready
2. Blow out
3. Hold your breath
4. Breathe normally

When you come in for your radiation treatment, the radiation therapist talks you through the breathing technique. They ask you to hold your breath for 15 to 20 seconds at a time. You may have to do this 15 to 20 times for each treatment. You will be able to take breaks between holding your breath and breathing normally.

While you hold your breath, the machine delivers your treatment. If you cannot hold your breath for 15 to 25 seconds, it's ok. It just means that you may have to spend some more time on the table to get your full treatment dose.

Before your treatment starts, try to practice this breathing technique at home a few times. It will give you a chance to see what it feels like and to think of any questions for your team.

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This info is a general resource. It is not meant to replace your doctor's advice. Ask your doctor or health care team any questions. Always follow their instructions.