

Using a Compression Plate for Radiation Therapy

A compression plate is a flat, hard plastic plate that is often used during lung radiation therapy. It rests on top of your belly, just below your ribs. During radiation, the plate is firmly compressed onto your belly. This helps control your breathing rate and reduces the movement of lung lesions during radiation. The less these areas move during your treatment, the better.

When the plate is compressed, you won't be able to take deep breaths, and your breathing will be slower than normal. Using the plate is not painful, but you will feel some discomfort from the pressure it places on your body. You may need to use the plate for up to 45 minutes at a time.

At your CT sim visit, your team decides if a compression plate is needed for your treatment. Since the plate presses on your belly, it's best if you eat a lighter meal before your CT sim visit. If your team decides that the plate is needed for your radiation treatments, we also suggest eating a lighter meal before each visit.

This image shows how the compression plate is used during radiation.

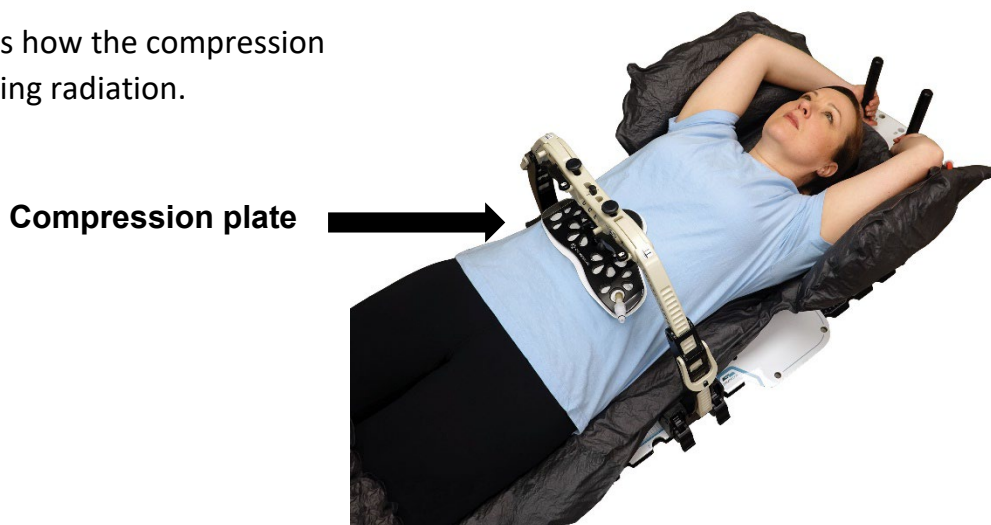


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This info is a general resource. It is not meant to replace your doctor's advice. Ask your doctor or health care team any questions. Always follow their instructions.