

### WHAT IS DEEP INSPIRATION BREATH HOLD?

Deep Inspiration Breath Hold (DIBH) is a treatment technique where you are asked to hold your breath for up to 20 seconds at a time, during the planning CT scan and treatment delivery.

### WHY USE THE DEEP INSPIRATION BREATH HOLD TECHNIQUE?

Holding your breath inflates your lungs and pushes your Breast/Chest Wall away from the heart. In some people this helps to reduce the dose to the heart and ensure the Breast/Chest Wall receives the prescribed dose.

**For some people even when breathing normally their heart will not be in the treatment field. For them DIBH is not necessary**

### WHAT HAPPENS DURING MY CT SCAN?

At the CT planning appointment you will have an initial CT scan without holding your breath. The Oncologist will decide if you may benefit from DIBH.

This is the view you will see from the treatment glasses.



***The blue area is set at the CT planning scan and relates to your breath hold position, it is important you take a deep breath in as much as possible and that you can hold this breath for 20 seconds.***

Once you are happy with the process you will have another CT Scan whilst holding your breath. If you are able, we will ask you to hold your breath for up to 20 seconds.

A yellow bar in the pictures represents your breathing and will move up and down as you breathe in and out. When holding your

For the treatment procedure, you will lie on the treatment couch with a sensor and camera monitoring your breathing. The same treatment glasses will display your breathing pattern.

Once you are in the correct position, the Radiation Therapists will leave the room and speak to you through the intercom.

You will be asked to take a deep breath in and hold. Once you hold your breath the yellow bar will move to the blue box and turn green. The treatment machine will turn on and deliver the treatment.

You will need to hold your breath a few times to complete each field of the treatment but the treatment will only start when you are ready and holding your breath.

If you exhale during the treatment, the

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breath the yellow bar will move up to the blue box and turn green.

#### WHAT HAPPENS DURING MY RADIOTHERAPY TREATMENT?



machine will automatically turn off.

**PLEASE REMEMBER THAT YOU CANNOT  
MAKE THE MACHINE TREAT YOU  
INCORRECTLY. IF YOUR BREATH HAS  
NOT RAISED THE BAR HIGH ENOUGH  
THE TREATMENT MACHINE WILL NOT  
TURN ON.**



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