



## Useful numbers

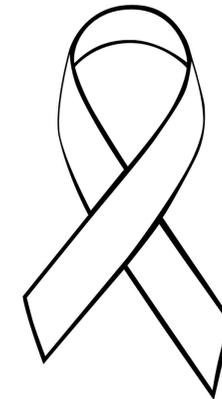
- Waikato Hospital Switchboard 07 839 8899
  - Blue Machine Ext: 98073
  - Green Machine Ext: 98249
  - Pink Machine Ext: 98221
  - Yellow Machine Ext: 96191
- Lung Cancer Nurse Specialist Ext: 23253  
or 23687
- Oncology Outpatient Reception 07 839 8604
- The Cancer Society's Lions Lodge  
07 834 2351
- Cancer Society - Hamilton 07 838 2027
- Cancer Society Information Helpline Staff  
0800 226 237
- Wilson Parking 07 839 8901

For more information on Radiation Therapy  
please visit:

<http://www.waikatodhb.health.nz/directory-of-our-services/waikato-hospital/radiation-oncology/>

<https://www.healthnavigator.org.nz/>

## Information for patients receiving Stereotactic Ablative Radiation Therapy (SABR) to the chest



C1816HWF

08/18JB

Waikato Regional Cancer Centre



Your radiation oncologist has requested that you be assessed for your suitability in receiving Stereotactic Ablative Radiation Therapy (SABR) to the chest area. This treatment technique requires your breathing cycle to be monitored for your planning CT scan and radiation therapy treatment.

## What is SABR?

Stereotactic Ablative Radiation Therapy (SABR) is a method of delivering beams of radiation from different angles around your chest area. The tumour receives a high dose of radiation from multiple angles, while the normal tissue around it receives minimal dose. This may lower the risk of side effects. Usually you will have between three and eight treatments.

## CT planning scan

At your planning CT appointment, your radiation oncologist and radiation therapy team will assess whether you are suitable for the SABR technique.

**Please note that this appointment can take up to an hour.**

The position you are scanned in will be the same position you will be in for treatment. This will include making a customised vac bag moulded to your individual shape (similar to a bean bag). You will lay on the CT couch with your arms up above your head supported by your vac bag (see picture on following page).



During your planning CT appointment two scans will be taken. The first will be a standard planning scan and the second scan will record your breathing pattern. A small light block will be placed on your chest to help monitor your breathing pattern. This block will also be used for your radiation therapy treatment.

At the CT scan small permanent tattoo marks will be given, photos taken of your position and measurements recorded to assist in the daily set-up for treatment.

A radiation therapy treatment plan will be developed for you once your radiation oncologist has reviewed both CT scans.

## Quality Assurance (QA) appointment

Before your first treatment you will need to attend a Quality Assurance (QA) appointment. **Please note that this appointment can take 45mins.**

During this appointment you will be positioned in the vac bag that was made for you at your planning CT appointment. The team will align your tattoo marks and the treatment beam angles will be checked. The radiation therapists will leave

the room and take verification images to ensure you are in the correct position for treatment. You may feel the couch, on which you are resting move to this position. You **will not** receive treatment on this day.

If you are finding it difficult to hold this position during the QA appointment please speak to the radiation therapists for advice.

## Treatment

During your first treatment appointment the radiation therapists will ensure that you feel comfortable with the procedure before any radiation treatment is delivered. They will assess that you can hold your arms up in the right position and that you are breathing consistently. Images will be taken during this appointment to verify you are in the correct treatment position.

The radiation therapists will monitor your breathing cycle on a computer outside the treatment room. The treatment machine will automatically turn on once you are breathing consistently. If your breathing becomes irregular the radiation beam will automatically turn off. Should this occur, the radiation therapists will wait until your breathing is consistent again and the remainder of the beam will be delivered when you are ready.

If you have any questions regarding the use of this technique please contact your radiation oncologist. They will be happy to assist you.