Stereotactic Body Radiation Therapy (SBRT) to Your Lung

SBRT is a type of high dose radiation treatment used to treat small tumours. This handout offers information about this treatment. It is important to read this handout to help you prepare for your appointments.

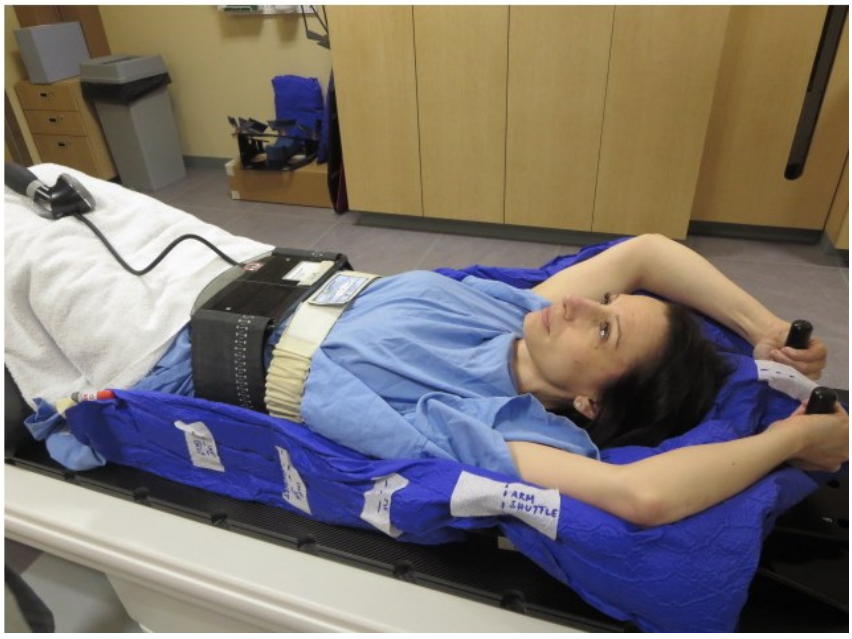
After each radiation treatment, it is safe for you to be around other people (including children) and pets. You are not radioactive.

SBRT gives you a high dose of radiation during each treatment. It is important for your healthcare team to find the exact position of your tumour(s) before and during each treatment. You need to keep your body still during the treatment. This will make sure the treatment is given correctly.

CT Simulation

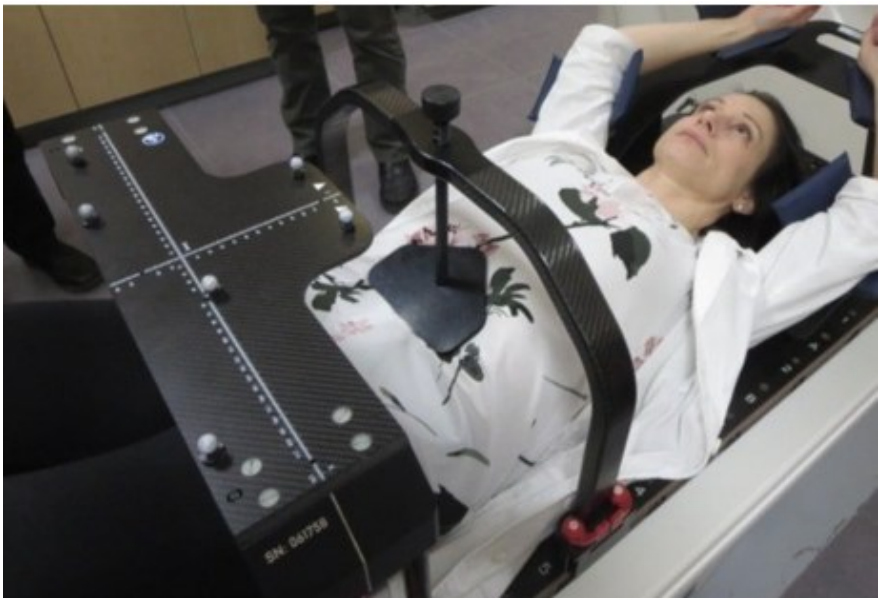
CT simulation is the first step in preparing you for SBRT treatment. At this appointment you will have a 'planning' CT scan. Your lungs move around when you breathe. This CT simulation allows your radiation oncologist to see your tumour(s) better as your lungs move with your breathing.

At this appointment your radiation team will decide what the best position is for you to have your treatments. This position helps reduce movement of your tumour when you breathe. You may have a compression bridge over your abdomen (see picture # 1).



Picture #1. This picture shows what the compression bridge looks like.

Another option is to have a custom “cushion” with an inflatable belt placed around your abdomen and comfortably tightened (see picture #2).



Picture #2**.** The picture shows what the inflatable belt looks like.

Let your radiation team know if you are unable to continue for any reason.

You will be given permanent tattoos (small markings) at this appointment. These tattoos will be used to position you for your radiation treatments.

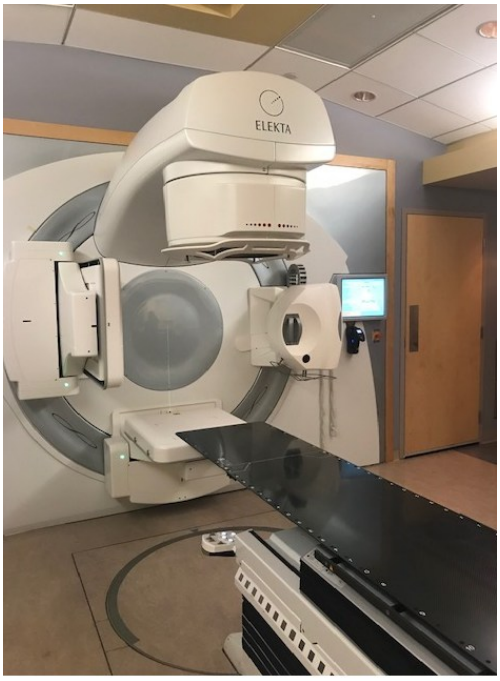
Radiation treatment

Each treatment appointment will be about 30 minutes.

If you normally have muscle or bone pain, it may help you to take pain medication (acetaminophen [Tylenol] or ibuprofen) before your radiation treatment appointments. This helps you to be comfortable during your treatments. Your radiation oncologist may give you a prescription for a medication (steroid) that helps reduce inflammation of your lungs caused by the radiation.

Radiation treatments do not hurt. You will be positioned using your tattoos. Once you are in the right position on the treatment bed, it is important you do not move. This will make sure the treatment is given correctly.

X-ray images will be taken to check the position of your tumour(s). Small changes to your position may be made. To make these changes, the treatment bed you are lying on may move.



Picture #3. This picture shows the type of radiation machine (Linear Accelerator) that is typically used to give your SBRT treatment.

You will be scheduled for follow-up appointments with your radiation oncologist after your radiation treatments are finished.

Preparing for your radiation treatments

- Take the steroid medication if it was prescribed for you by your radiation oncologist.
- Keep taking your regular medications (unless your radiation oncologist tells you not to).
- It is okay to eat a light meal and drink fluids before your treatment.

Side effects of your radiation treatments

At your CT Simulation appointment, you will receive the handout Radiation Therapy to the Chest. This handout offers information on the possible side effects of radiation therapy to your chest. You can search for a copy of this handout on the Lakeridge Health website at lh.ca.

If you have a problem or concern about a symptom or side effect from your cancer treatment:

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 4 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

   Talk to a nurse using one of these options:

   - Call the after-hours telephone line at 1-877-681-3057.
   - Request a video call by going to carechart.ca.
   - Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Call 911 or go to the Emergency Department at the hospital closest to you for a medical emergency. Please talk to any member of your healthcare team if you have questions or do not understand any of the information in this handout.

For more information on radiation treatment, see the Canadian Cancer Society's booklet on Radiation Treatment: A Guide for People with Cancer. Go to cancer.ca and search for the name of the booklet.

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