

## **Holding your breath for cyberknife CT simulation**

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### **Why do I need to hold my breath?**

Holding your breath during CT simulation helps:

- ✓ to decrease the movement of your internal organs during the CT
- ✓ us see the images better to plan and deliver your treatments

### **Practice holding your breath before your CT simulation appointment:**

1. Lie down on your back.
  2. Tuck your arms by your side.
  3. Take a deep breath in, breathe out normally and hold.
  4. Do not force the air out of your lungs before holding, simply breathe out normally and hold.
- ✓ Practice several times a day.
  - ✓ Take a break if you feel light headed or dizzy

### **Aim for 1 minute**

Aim to hold your breath for 1 minute. You may not need to hold your breath this long during CT simulation. If you can hold your breath for 1 minute during practice, then you will not have difficulties during the CT.