

Stereotactic Body Radiation Therapy (SBRT)

- Planning and treatment for lung

Planning your treatment: Mould Room appointment

For this appointment you will need to change into a hospital gown. In the Mould Room a form fitting device will be made to help keep you still during your treatment. This device is your custom mould. This will also provide support to keep you comfortable.

Your appointment in the Mould Room takes about 30 minutes. Please let your radiation therapy team know if you are uncomfortable as you will be in this position for up to 30 minutes each day during treatment.



CT Simulation

The next step is a CT Simulation appointment. This will be on the same day as your mould room appointment.

Radiation therapists will perform this procedure and explain it to you. During this process you will be placed in your custom fit mould and have a CT scan. You will be asked to lie still and breathe normally.

After the scan is done, you will need to have a few small tattoo dots placed on your skin. These are used by your treatment radiation therapists to position you in the same way each day.

Photos of your set-up position will also be taken to help with your daily treatment set-up.



When will my radiation treatments start?

- After the treatment planning appointment, time is needed to design your treatment plan.
- Your planning team includes: radiation therapists, physicists, and your radiation oncologist, each of which ensures the highest standard of care for your safety.
- You will be called at home with the start date and time of your treatment.
- The JCC aims to give you at least 2 days notice before your treatment starts. This is not always possible.
- If you will be using volunteer drivers please let a radiation therapist know during your CT simulation appointment.
- Please make sure that your contact information is current.

Where do I go for my appointments?

- Once at the JCC, take the main elevators to Level 0.
 - Check in at the reception desk. The receptionist will instruct you on how to get to the right area.
 - Radiation Therapy Department regular clinic hours: 8 am to 6 pm, Monday to Friday. We are closed on holidays.
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Treatment appointment(s)

- Please arrive for treatment at least 15 minutes before your appointment. Your appointment may last about 30 to 45 minutes. Some of that time is used for answering questions, as well as setting up and taking images to check your position.
 - Treatment with SBRT uses high energy x-rays and is delivered by a machine called a LINAC. LINAC stands for Linear Accelerator.
 - Your radiation therapists will position you the same way as you were during your planning appointment with your custom mould. They will need to line up your tattoos into the correct position. As you are being set-up and during treatment you will be asked to lie still and breathe normally.
 - Each day before your treatment, x-rays will be taken to confirm your positioning. This may take about 5 minutes, and after you may feel your treatment table move slightly. This moves you into the final set-up position.
 - The treatment is then delivered, which may take another few minutes. You can be seen and heard by your radiation therapy team at all times on a TV screen and intercom. During your treatment the LINAC will move around you slowly, and make a humming noise. You will not feel anything during the treatment. If you need assistance, call out and your therapists can stop treatment and help you right away.
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What happens if I cannot make an appointment or will be late?

- Call 905-387-9495 and ask for the Radiation Therapy Department.
- Let the clerk know your name and what appointment you are calling about.
- Please give 48 hours notice if you need to change your appointment.

What if I have more questions?

If you have questions or concerns before or after the treatment planning appointment, call your radiation oncologist's office.

Side effects during treatment and shortly after

The side effects you have will depend on:

- previous treatments you may have had
- your general health
- your current treatment plan

Cough

A cough may develop or worsen due to irritation of the throat. You may also begin to cough up secretions and mucous.

Loss of appetite

If the area being treated is close to the stomach and digestive organs, you may feel nauseous, or you may simply not feel like eating.

Your body needs energy for the healthy cells to repair themselves during and after treatment. Eating healthy foods and drinking fluids are important during and after treatment. Let your radiation team know if you are having difficulty eating.

Fatigue – more tired than usual

You may feel tired during the period of your treatment. The reason behind this feeling is not known but likely due to the stress and the time you have to spend on the machine. Tissue damage may free some protein factors into your blood that make you feel tired. The tired feeling will gradually go away in a week or two. Rest when needed. Please let us know if you are feeling more tired than usual.

Painful swallowing

Radiation therapy to the lung can cause painful swallowing, due to irritation of the throat, all the way to the stomach. If you develop painful swallowing or do not feel like eating let your treatment team know right away. Your team will work with you so you have enough fluids and nutrition until the pain goes away.

Other side effects

There may be other minor organ (body parts) damage and rare side effects related to your radiation plan. Your radiation team will discuss this possibility with you.



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