

Information for Patients Receiving Stereotactic Ablative Radiation Therapy to the Lung

Your doctor has recommended that you have a specific course of radiation therapy called Stereotactic Ablative Body Radiotherapy (SABR), also known as Stereotactic Body Radiation Therapy (SBRT). This leaflet contains information about the treatment side effects and how the treatment is planned and delivered.

What is SABR?

SABR or SBRT is a type of radiation therapy. High doses of radiation are given to small tumours. This means the area of treatment is smaller and there are less treatment sessions compared to standard radiation therapy. Your treatment will be given over 3-4 treatments, normally with two treatments a week. A team of doctors, physicists and radiation therapists will work together to deliver the radiation therapy.

Planning CT Appointment

At this appointment a CT scan will be taken of the treatment area and the radiation therapists will take information and measurements specific to you. We will make a cushion for you to lie in, which you will also use for your treatments. For this appointment and your treatments, we need you to lie still with your arms supported above your head for about 30 minutes. It is often helpful to take some pain relief 30 minutes beforehand.

Treatment Delivery

For your treatment, you will need to lie in the same position as at your planning CT scan. We ask you try to relax, breathe normally and keep as still as possible. You might need to take pain relief before your treatment as the treatment can take up to 30 minutes.

You will be alone in the treatment room while the treatment is delivered, however you are being watched on a camera and can be heard over our speakers.

A scan will be taken before and after your treatment to make sure you are in the correct position. The radiation therapists can make any changes to your position before delivering the radiation.

When the radiation beam is turned on, you will hear a buzzing sound; but you will not see or feel anything. You can bring your own music in if you would like to listen to something during the treatment.

Side Effects

Your Radiation Oncologist will have discussed the risks and benefits of SABR treatment with you. There are two types of common side effects with radiation treatment to the chest. Each person reacts differently to treatment so the side effects can be different for each person. This leaflet discusses the most common. There are **short term** effects which happen during or shortly after the treatment and **long term** effects which **may** happen months to years later.

