



SUNWAY
CANCER CENTRE

EDUCATION GUIDE

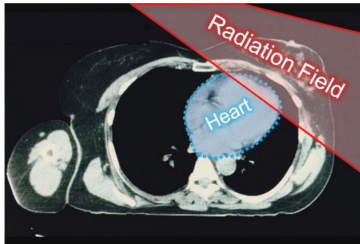
www.sunwaycancercentre.com



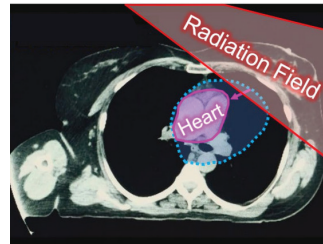
DEEP INSPIRATION BREATH HOLD (DIBH) FOR RADIOTHERAPY

PURPOSE OF DEEP INSPIRATION BREATH HOLD (DIBH)

To limit radiation exposure to the heart, lungs and liver by delivering radiation only at certain points during the patient's breathing cycle (breath hold).



Free Breathing



Breath Hold

STEPS FOR DEEP INSPIRATION BREATH HOLD (DIBH)

1

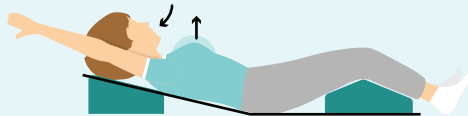
Lie down in a comfortable position with both hands up.

2

Take **5 times** of normal breathing.

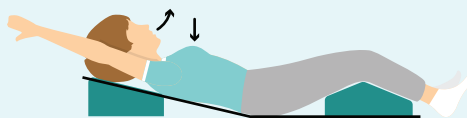
3

Inhale deeply, through the nose and hold your breath for **20 seconds**.



4

Exhale slowly and breathe normally.



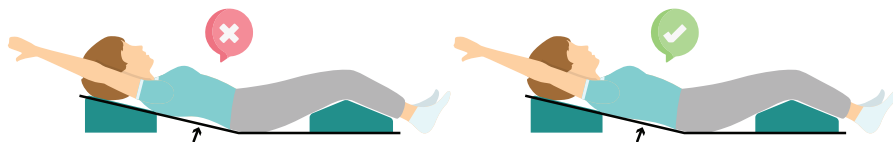
5

Practice steps 2 to 4 for **5 times**.

6

Perform this practice **twice a day**.

DO'S AND DON'TS



- 1 Do not arch your back upwards during deep inspiration.
- 2 Try to breathe into the chest, rather than the abdomen.
- 3 Try to take in the same amount of air with each breath hold.
- 4 You can have someone beside you to set a timer while you are performing breath holds (20 seconds).
- 5 If you decide to wear a face mask during treatment, you will also need to practice DIBH while wearing the face mask.
- 6 Do not have shallow breath holds. It needs to be **deep** but tolerable/comfortable.



SCAN THE QR CODE

**to learn how to perform
Deep Inspiration Breath Hold (DIBH)**

Oonsiri P, Wisetrinthong M, Chitnok M, Saksornchai K, Suriyapee S. An effective patient training for deep inspiration breath hold technique of left-sided breast on computed tomography simulation procedure at King Chulalongkorn Memorial Hospital. Radiat Oncol J. 2019 Sep;37(3):201-206. doi: 10.3857/roj.2019.00290. Epub 2019 Sep 30. PMID: 31591868; PMCID: PMC6790791.

**The Cancer & Radiosurgery Centre is located at
Basement, Tower C**

Operation Hours

Mondays-Fridays 8.30am - 5.30pm

Saturdays 8.30am - 1.00pm

Closed on Sundays and Public Holidays

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