

## Instructions for Breath Hold Practice for Left Side

We would like you to practice holding your breath so you can do so for 25-30 seconds during your simulation and treatment visits. At your simulation visit, we will take a CT scan of you while breathing normally and another while holding your breath. Practicing on your own will help to prepare you for these visits.

Practice at least once each day until your simulation visit. To practice, follow these steps:

1. Place a clock or timer where you can see it while lying down. You may also ask someone to time you.
2. Lie flat on your back with your arms above your head and elbows relaxed as shown.
3. Turn your head slightly to the right.
4. Take a deep breath in and let it all the way out.
5. Take a second breath and hold it. Time how long you can hold your breath.
6. Release your breath and allow yourself to breathe normally again.
7. Repeat steps 4-6 five more times.

At your simulation visit, we will check to see if you can hold your breath successfully six times. A successful breath-hold means you can hold for 25-30 seconds.

