

## Instructions for Breath Hold Practice with SDX Device

We would like you to practice holding your breath using a mouth piece and nose clamp. During your treatment, we will use an SDX device that helps control your breathing during treatments. 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. Put mouthpiece in your mouth and nose clamp on. See picture.
3. Lie flat on your back with your arms above your head and elbows relaxed as shown.
4. Keep your head straight.
5. Take a deep breath in and let it all the way out.
6. Take a second breath and hold it. Time how long you can hold your breath.
7. Release your breath and allow yourself to breathe normally again.
8. Repeat steps 5-7 five more times.

At your simulation visit, we will check to see if you can hold your breath successfully 7-8 times. A successful breath-hold means you can hold for 30 seconds or longer.

We will introduce the glasses to you during the simulation visit. They will help guide you when holding your breath.

### SDX® Voluntary Breath Hold Method

