

Stereotactic Ablative Radiation Therapy

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Stereotactic ablative radiation therapy (SABR) is a type of radiation treatment used to treat cancer. A machine called a linear accelerator (LINAC) is used to give the radiation. These precise, high-dose radiation treatments are generally used to treat small tumors.

The number of treatments and how often you have them may vary. Your radiation oncologist will talk with you about what treatment plan is right for you.

Each treatment will last 30 to 60 minutes. The time depends on your treatment plan.

Positioning

Positioning for this type of treatment is very important. There are two different types of positioning used:

- ❑ **Diaphragm compression paddle:** You are positioned in a tight-fitting cushion that fits to your body. A paddle is then placed on your upper abdomen and tightened to a tolerable level.
- ❑ **Body-fix system:** You are positioned in a tight-fitting cushion that fits to your body. A piece of plastic is laid on top of you and a vacuum is used to suck the air out from around your body.

Your health care team will help you decide which type of positioning is right for you. Having the right positioning will allow the smallest amount of normal tissue to be affected.

Before the Simulation (Planning Day)

- You may need to follow a special food and liquid diet before your simulation. Follow any instructions your simulation therapist gives you.
- Tell your doctor and simulation therapist if you have:
 - pain
 - nausea (upset stomach)
 - claustrophobia (not comfortable in closed spaces).

During the Simulation

- You may have an intravenous (IV) line started in your hand or arm.
- You will be asked to lie on a flat table in a cushion that will fit to your body.
 - Your arms will likely be placed above your head.
 - Your simulation therapist will make sure you are in a tolerable position, although this position may not be comfortable.
- You will then have a CT (computed tomography) scan. This scan is only used to plan your treatment. They will help your health care team map out the area to be treated with radiation.
- After the simulation is done you will go home. Your treatment will usually start 7 to 10 days after the simulation.

(over)

Treatment

- You will be positioned in the cushion that fits to your body on the treatment table.
- A CT scan will be done to line up your treatment area.
- Once you are positioned and your doctor has reviewed the CT scan, you will have your first treatment.
- During the treatment, staff members will leave the room. They will watch you on a monitor. They will be able to hear you at all times and talk with you over a microphone.
- You will not see or feel the radiation, but you will hear a “buzz” sound while the machine is on. This is normal.
- The machine may move around you to follow the precise plan created for your treatment.

Your radiation oncologist will check in with you after each treatment.