

# Active Breathing Coordinator™ (ABC) Device



PMH

## Information for patients who are using an ABC device with their Radiation Treatment

### What is an Active Breathing Coordinator™ (ABC) device?

When you breathe, the organs in your chest and abdomen (stomach area) move. The Active Breathing Coordinator™ (ABC) device is used to reduce the movement of the organs in your chest and abdomen when you are breathing normally. The device works by holding your breath either while you exhale or inhale.

### Why do I need an ABC device?

An ABC device will be used during your radiation treatment. Once the movement of your organs is reduced, it will help us to deliver the treatment more precisely to the target area and to reduce the dose to the surrounding normal tissues.

### What is the procedure?

1. The therapist will teach you how to use the device before your CT simulation. During this education session, you will be coached on the use of the ABC device and your breathing cycle and the length of time you are able to hold your breath will be measured and recorded.
2. At this point, you may be sent to the treatment unit for more measurements or directly to the CT Simulator. The therapist will provide you with instructions.
3. At the CT Simulator, you will be using the ABC device while images are taken for your treatment plan.
4. On the first day of treatment, the therapist will give you more instructions.

Please visit the UHN Patient Education website for more health information:  
[www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca)

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## ABC Diagram

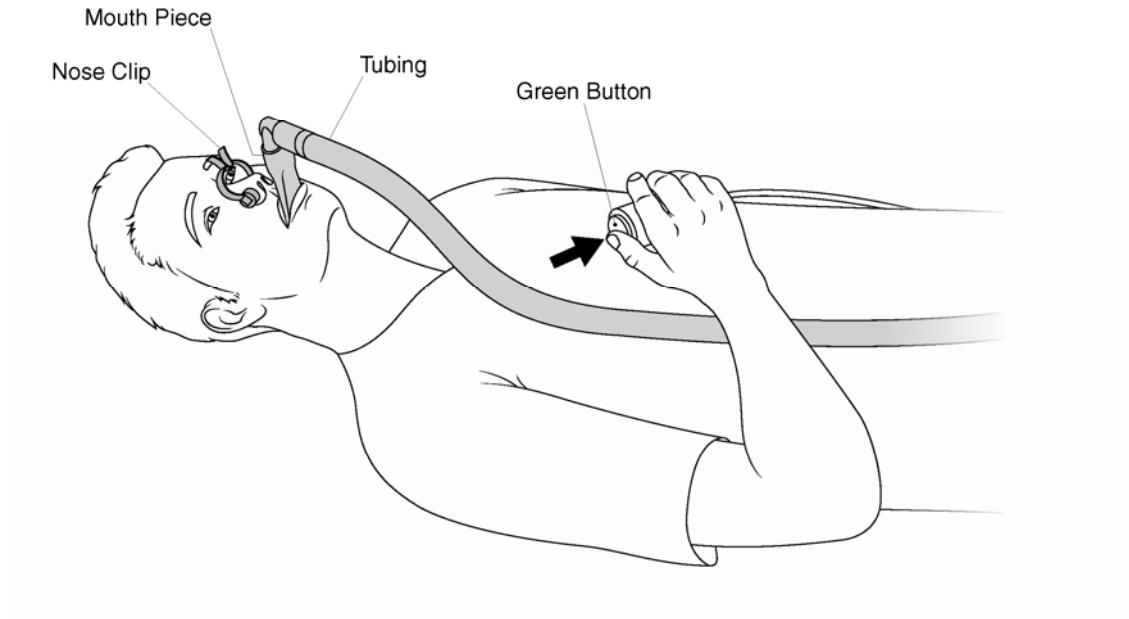


Diagram: The device is made up of a mouthpiece, tubing, nose clip, a green button and other accessories. When you press the green button it will tell the therapist that you are ready.

### What do I need to remember?

- During the teaching session the therapist will explain how the mouth piece works and why it is important to keep a good seal around the edges.
- A nose clip will be placed on your nose so that you only breathe through your mouth. If during the treatment you feel the mouthpiece or the nose clip is not sealed, then you can stop pressing the green button you are holding and the therapist will stop the treatment. (Please see the diagram.)
- The therapist will coach you to take a couple of normal breaths and then using the device, the therapist will place you into a “breath hold” either while you exhale or inhale. Let the ABC device hold your breath for you. The treatment will then be delivered.

It is important to keep the green button pressed down during treatment or the device will not work.

- Breathe normally at all times except when the device places you into a “breath hold”. If you breathe too deeply or too shallow, it may make you too tired and unable to complete the treatment.
- During treatment you will be given time to breathe normally in between sessions of breath hold. The therapist will give you instructions.
- Your normal breathing cycle and how long you can hold your breath had been determined and recorded and will be used for your treatment.

**Remember:**

**In case of emergency or if you need to stop the breath hold, all you have to do is release the green button and the breath hold will be stopped.**

Please talk with your Radiation Therapist if you have any questions or concerns.