

## Active Breathing Coordinator (ABC)

The Active Breathing Coordinator (ABC) provides non-invasive stabilisation of internal anatomy affected by the breathing motion. This is achieved through comfortable, simple and efficient assisted breath-hold techniques.

The Active Breathing Coordinator equipment consists of a mouthpiece, nose clip and computer system. This is used to help you maintain a regular breathing pattern and a comfortable breath hold limit.



Radiation Therapy staff will coach you with this equipment to ensure you are comfortable and aware of the process. You will be required to hold your breath between **15-30 seconds** with guidance from this machine. As this technique is unique to each patient you will have a second coaching session prior to your planning CT Scan to ensure we achieve the best possible outcome for your treatment.