

# Swedish Radiosurgery Center

Treatment that sounds like surgery – but isn't

## CyberKnife Treatment – What you need to know

The CyberKnife process has four steps, which require close collaboration among the CyberKnife team, the patient and his or her personal physician. The entire process has one goal: provide the very best treatment that will help the patient quickly return to an active life style.

1 Consultation	2 Planning	3 Treatment	4 Follow Up
<b>Typical Time Requirement</b>	<b>Typical Time Requirement</b>	<b>Typical Time Requirement</b>	<b>Typical Time Requirement</b>
1 appointment 60-90 minutes	5 days – 2 weeks	Usually 1-5 treatments on different days (30-90 minutes per treatment)	15- to 30-minute appointments beginning one month after last treatment
<b>Overview</b>	<b>Overview</b>	<b>Overview</b>	<b>Overview</b>
Initial consultation Discuss best treatment option  Insurance verification/ pre-authorization (usually takes 5-14 days, or possibly up to 30 days)	CT, MRI and/or PET CT scans for treatment planning Schedule treatment	Patient wears street clothes Patient lies on a table covered by a warm blanket, while listening to music of his/her choice  After treatment, the patient is able to leave	Patient is scheduled for follow-up visits as determined by his/her doctor(s) to discuss treatment results
<b>Participating Team Members</b>	<b>Participating Team Members</b>	<b>Participating Team Members</b>	<b>Participating Team Members</b>
Patient Physician(s)* Nurse Patient Services Coordinator Financial Counselor Scheduler	Patient Physician(s)* Medical Physicist Radiation Therapist Scheduler	Patient Physician(s)* Medical Physicist Nurse Radiation Therapist Patient Services Coordinator	Patient Physician(s)* Nurse Patient Services Coordinator

\* A radiation oncologist is involved with every patient's CyberKnife treatment. Depending on the area of the body to be treated, your physician team also may include a neurosurgeon and/or an interventional radiologist.

# CyberKnife Treatment

## Step-by-Step Process

### Step 1. Consultation

Our scheduler will work closely with you to find a convenient time for your initial consultation. During this 60-90 minute appointment, you will meet with the radiation oncologist to discuss the best treatment option for your particular situation. Depending on the part of your body being treated, a neurosurgeon and/or interventional radiologist may be part of your physician team during all four steps of your CyberKnife treatment. The radiation oncology nurse will talk with you about your medical history and perform a clinical assessment. We will also discuss other treatments you have had previously.

Our financial counselor will verify your insurance coverage and, if it's required, will request pre-authorization. Insurance verification and authorization usually takes 5-14 days, possibly up to 30 days. This is a good time for you to contact your insurance company to ask how much of the bill your health insurance will cover, and how much will be your responsibility. You can read more about insurance and billing for radiosurgery at [www.swedish.org/radiosurgery](http://www.swedish.org/radiosurgery).

### Step 2. Planning

1. As soon as your insurance company has authorized the treatment, our scheduler will contact you to make an appointment for a planning CT, MRI and/or PET CT scan. The type and number of images you have will depend on your diagnosis and whether your doctor requires additional imaging to fully visualize the area to be treated and the nearby critical anatomy. Treatment for tumors in some parts of the body may require additional preparations, such as fiducial placement and mask, which will also be scheduled at this time.
2. You will return home while your treatment plan is being prepared.
3. Using the images and the CyberKnife System's treatment planning computer, the radiation oncologist will identify the tumor's exact size, shape and location, and together with the medical physicist will create a personalized treatment plan that will provide the desired radiation dose to the correct location, while avoiding damage to the surrounding healthy tissue.

### Step 3. Treatment

1. When your personalized treatment plan has been prepared, the scheduler will contact you to make your first appointment for treatment. Usually there are between one and five treatments on different days. During treatment you will lie comfortably on the treatment table, listening to music of your choice, while the computer-controlled robotic arm moves around you. The same process will occur during each of your treatment appointments.
2. After your treatment, you will be able to leave and return to your regular activities.

### Step 4. Follow-Up Appointments

1. Our patient services coordinator will arrange follow-up appointments so we can track your progress. Your doctor(s) will determine the number and frequency of these appointments.
2. During the months following your treatments, your physician also may ask us to schedule CT, MRI or other imaging to assess the response to radiation treatment.

