



# Guided Relaxation: Exams and Procedures

You may undergo procedures as part of your treatment/care. Stress and anxiety before an exam or procedure is common. Managing both can improve your experience, comfort after the exam or procedure and overall recovery.

## Guided Relaxation

Guided relaxation is a method of deep relaxation. It includes techniques such as deep breathing, guided imagery, meditation, procedural hypnosis and/or supportive counseling. The techniques are done at the time of treatment. This technique has been done for decades all around the world. It allows you to tap into your internal resources. This helps you feel more comfortable and relaxed. Guided relaxation eases anxiety. It also uses the mind to block discomfort and reduce stress. A consultant meets with you during any of the following visits:

- Clinic visit
- Surgery consult
- Before chemotherapy (chemo)
- Chemo clinic
- MRI
- Before radiation
- Before surgery/holding area

He or she talks to you during your exam or procedure. Different techniques are used to keep you in a state of deep relaxation and focused attention. At any time during the exam or procedure, you can ask to stop. This is done at your pace. If you feel discomfort, you can be given medicine to help.

## Benefits

Guided relaxation has been studied for decades. Benefits include:

- Less stress and anxiety
- More comfort
- More active role in your treatment
- Fewer post-procedure symptoms such as pain or nausea

## Your Thoughts

Before and after the procedure, you are asked to complete a survey about your experience. This information helps improve the process for a better experience. If you are distressed about anything other than your procedure, please talk with someone on your medical team. He or she will connect you with your Social Work Counselor.