WHAT TO EXPECT WHEN PLANNING AND EXPERIENCING TRANSCRANIAL MAGNETIC STIMULATION (TMS)

YOUR FIRST APPOINTMENT

YOUR DOCTOR WILL MAKE SURE YOU ARE SEATED COMFORTABLY IN A TREATMENT CHAIR.

You will be asked questions to confirm you are eligible for TMS. You may be offered ear plugs to dampen the sound of the TMS therapy. Ask your doctor any questions about your upcoming therapy.

TMS TREATMENT

THE DOCTOR WILL ALERT YOU WHEN TMS TREATMENT IS ABOUT TO BEGIN

TMS therapy is also called “Repetitive TMS” because the coil gets activated repeatedly during treatment. You will want to remain still during treatment so that the placement of the coil on your head stays fixed. Treatment will take a few minutes during which you can relax. It is normal to feel tingling or mild discomfort at your scalp. But if you want to stop for any reason, tell the TMS operator.

TMS THERAPY REQUIRES REPEATED VISITS

BOOK YOUR TREATMENT SCHEDULE.

Typical TMS treatment course includes daily sessions (5 times per week) for 4 to 6 weeks. Additional irregular maintenance session may be scheduled.

FIND A TMS PROVIDER

CONSULT WITH YOUR HEALTH CARE TEAM IF TMS IS RIGHT FOR YOU.

FIND A TMS PROVIDER THAT IS CONVENIENT FOR YOU.

Talk to your TMS provider before your first appointment to make sure you qualify for treatment. Check with the TMS provider or your health insurance provider to see if rTMS is covered.

CUSTOMIZING TMS THERAPY TO YOUR BRAIN

TMS APPLIES ENERGY TO TARGETED REGION IN THE BRAIN TO PRODUCE THERAPY.

To find the right spot to place the TMS coil over your head, the doctor will make some measurements. You may put on a light cap to help with this. The doctor may also stimulate the part of your brain involved in movement, called the motor cortex. This will cause your finger to involuntarily twitch and helps adjust the TMS intensity.