

TRANSCRANIAL MAGNETIC STIMULATION

Brigham and Women's Hospital



Before Treatment

Before starting treatment, please check with your insurance company about your deductible and potential copays. Consider downloading the Patient Gateway app, which allows you to pay co-pays, check-in for appointments, and communicate with members of your treatment team. To ensure that TMS can be administered properly, please be mindful of the way that your hair is styled on treatment days. Braids, dreadlocks, beads, clips, and metal accessories can interfere with TMS.



Your First Treatment

Please arrive 15 minutes early to complete a brief questionnaire about your symptoms. After this questionnaire is complete, a TMS technician will escort you to a treatment room equipped with a reclining chair and a large wall-mounted television monitor. The chair will be adjusted for your comfort, and you will be given earplugs to wear during treatment. Next, the technician will fit you with a treatment cap and measure your head. These measurements help us find the right treatment target. We determine the correct dose of TMS by delivering pulses to the part of your brain that moves your fingers. Once we determine the correct dose of TMS for you, we will position the coil to target the brain circuit that regulates mood. Now, treatment can begin. During treatment, you will experience a tapping sensation and hear a series of clicks from the coil. The tapping sensation is the coil causing your scalp to twitch. TMS may feel uncomfortable at first, but most patients report less discomfort over time.

The Course of Treatment

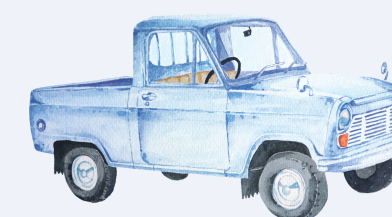
Plan to receive daily weekday treatments for 5-6 weeks. You may drive yourself to and from appointments, and there are no restrictions on your daily activities; however, we request you try to keep your caffeine intake, sleep, medications, and alcohol consumption consistent during the course of your treatment. Any changes should be communicated with your technician. Finally, we recommend that you rest, eat proper meals, and drink plenty of water during the course of treatment.



Clinic Location

Our TMS clinic is located on the ground floor of the Hale Building for Transformative Medicine at 60 Fenwood Road. Please find the door marked "Neuroscience Testing and Procedures," which is to the right of the main entrance. Once inside the waiting room, please check in with front desk staff. A TMS technician will be with you shortly.

Parking



Our parking garage is located beneath the Hale Building at 60 Fenwood Road. You may self-park or use valet services. After parking, take the elevator up to "G." Free parking passes are available at our front desk. Please allow yourself ample time for travel, and please call ahead if you're running late.

Risks and Side Effects

Minor headaches are common when first starting TMS. Our technicians will work with you to maximize your comfort by gradually increasing the dose of TMS over time, but you may also take over-the-counter medication such as acetaminophen or ibuprofen. Most patients do not have any headaches after the first week of treatment. Slight facial twitching is possible during treatment. TMS is capable of causing seizures, but seizures are extremely rare events and most of the seizures reported in studies occurred in patients with a seizure history or other risk factors. All of these topics will be reviewed by your physician during your intake appointment, and your TMS Technician will monitor you throughout the treatment to ensure your safety and comfort.

Contact Information

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