



What happens during treatment?

- An rTMS coil will be placed on your scalp.
- Before treatment begins, and if deemed necessary, the clinician will determine your motor threshold. This will be determined using a single pulse of TMS. You may feel your thumb twitch when the stimulus is delivered.
- Foam earplugs will be provided for you to wear during the treatment; this helps to prevent any hearing damage that might result from the noises produced by the stimulator.
- Rapidly changing magnetic pulses will cause the neurons in the brain to change their firing pattern. It is believed that this change in brain activity is what helps to alleviate symptoms of the illness.
- The treatment team may ask you to complete rating scales in order to

evaluate your mood and other symptoms. You are encouraged to report any discomfort during the treatment.

What happens after treatment?

- You can carry on with your usual daily activities.
- Continue to take your medications as directed by your doctor.
- If headaches or other side effects persist, please speak to your doctor.
- Treatments do not have an immediate effect. Do not be worried if you don't feel better after the first few treatments
- Discuss any progress with your doctor.

Important

- It is important for you to understand what is involved in receiving rTMS before consenting to treatment.
- If you have questions, contact your referring physician.

This material is available in French and accessible formats upon request to the Communications Department.

Cet outil est disponible en français ou en support accessible sur demande au Service des Communications.

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Repetitive Transcranial Magnetic Stimulation (rTMS)



This brochure provides answers to some of the questions you may have when considering or receiving Repetitive Transcranial Magnetic Therapy (rTMS).



What is Repetitive Transcranial Magnetic Stimulation?

- ③ rTMS is a non-invasive technique that involves a series of short magnetic pulses being directed to the brain.
- ③ rTMS is used to treat certain neurological conditions (e.g. Parkinson's disease) and certain mental illnesses (e.g. major depressive disorder, schizophrenia, post-traumatic stress disorder, obsessive-compulsive disorder).

When and where do treatments take place?

- ③ Treatments take place Monday to Friday in the outpatient clinic at Providence Care Hospital.

How long are treatments?

- ③ Each treatment lasts approximately 10 to 15 minutes.

About rTMS treatment

How many treatments are required?

- ③ The number of treatments varies from person to person; however, it is common to have between 20 and 30 treatments.
- ③ Your doctor will determine the number of treatments that you require according to your symptoms.

What are the side effects?

- ③ In most cases, rTMS causes few side effects; however, potential side effects can include:
 - Pain and headaches
 - Dizziness and light-headedness
 - Twitches in the facial muscles during stimulation
 - Effects on mood and cognition
 - Transient hearing loss
 - In rare cases, seizures have been reported
- ③ rTMS does not effect memory or orientation.

Are you eligible to receive rTMS?

- ③ Individuals who have had a seizure, stroke or head injury, as well as those with certain metal implants (e.g. surgical clips, cardiac pacemakers) may be excluded from having rTMS.

Is it painful?

- ③ During each treatment you will be encouraged to report any discomfort you may experience.
- ③ Should you experience any discomfort, the clinician will immediately lower the intensity level.

What are the benefits?

- ③ Potential recovery from the symptoms of the illness.
- ③ Not all patients respond to treatment the same; some individuals recover quickly while others may not respond to treatment at all.

What to do on treatment day?

- ③ Enter the **Main Entrance** on Level 1.
- ③ Report to **Registration**, located to the left of the Welcome Desk.
- ③ After you have registered, report to the **Clinics** area, located to the right of the Welcome Desk.
- ③ A staff member will escort you from the Clinics waiting room to the treatment room.