

Patient Follow-Up Instruction Sheet for Outpatient Transcranial Magnetic Stimulation (TMS)

You will be scheduled for 30 to 36 TMS treatments to be administered in the outpatient psychiatry area at Carilion Clinic. The estimated date for the first treatment is _____.

Treatments are usually scheduled for 5 days a week (Monday through Friday), and the treatment is 3 minutes in duration and the entire visit takes about 15 minutes. A common course of treatment involves an acute phase with 30 treatments over 6 weeks, with the potential for a tapering phase of treatment with an additional 6 treatments over 3 weeks.

You will check in to the outpatient psychiatry area at your appointment time and will then be brought to the procedure area by the TMS technician.

During the first session, cranial measurements will be taken to determine the correct positioning of the TMS treatment coil. Following this, the appropriate level of electromagnetic stimulation will be determined. This process will take about 20 minutes, and you will have your first treatment on that same day.

After the 10th and 20th treatment, there will be testing to determine if the amount of electromagnetic stimulation needs to be adjusted, and these sessions are often about 5 minutes longer than a typical treatment.

TMS treatments are not frequently associated with sedation or confusion, and you may drive on the day of treatment. Also, you should be able to return to work or daily routines as needed while receiving this therapy.

Do not use any alcohol or any illicit drug throughout the course of TMS treatment as this may increase the risk of seizure and perpetuate psychiatric symptoms.

Lab work is not routinely required, but your psychiatric provider may request specific labs that may be necessary prior to starting TMS.

You may take your regularly prescribed medications at the usual times on the day of treatment. Please do not start any new complementary or alternative medicines prior to speaking with the psychiatrist. Also, please let the psychiatrist know about any changes in prescribed medicines as this may alter the level of electromagnetic stimulation required.

Specific medication recommendations:

1. 1 to 2 Tylenol/Acetaminophen 500 mg tabs or 1-2 Ibuprofen 200 mg tabs prior to TMS as needed for headaches.
2. _____
3. _____



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PATIENT IDENTIFICATION

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