

rTMS treatment – patient information, psychiatry

Repetitive Transcranial Magnetic Stimulation, rTMS

Purpose of treatment

Repetitive Transcranial Magnetic Stimulation (rTMS) is a safe, commonly used treatment method in which the brain is activated from outside the head using a magnetic field. Before starting the treatment, magnetic resonance imaging (MRI) scan of the brain is done. The treatment can be given for several diseases or symptoms, for example depression and chronic pain.

Preparing for treatment

Your hair should be clean and dry when you come for treatment. Do not apply any oil to your face just before the treatment. If you have painkillers to take as needed, please bring them with you to the treatment session.

Treatment process

During the treatment, you will rest on a treatment chair. A magnetic coil will be placed on your head. The location of the coil will depend on the symptom or illness being treated. The magnetic coil will cause a loud clicking sound during the pulses, so earplugs are recommended to protect your hearing.

During the first visit, the strength of the magnetic stimuli used in the treatment will be determined by activating the motor cortex with a magnetic coil from outside the head. The muscle contraction achieved will be measured using adhesive electrodes attached to your hand.

Contraindications for treatment

This form of treatment is not possible if you have a cochlear implant, a drug pump, a pacemaker/metal artificial valve in your heart, or metal parts in the head area (e.g. surgical clips, metal chips) that cannot be removed. You will be asked about any possible contraindications for the treatment before starting treatment. You should mention any possible pregnancy or diagnosed epilepsy; in these cases, the doctor will assess on a case-by-case basis whether you can proceed for the TMS treatment.

Amalgam fillings, dental implants, braces or facial piercings are not contraindications for treatment. Objects containing metal or magnetic strips must be removed from pockets and the head area (such as jewelry, bank cards, keys and coins). Mobile phones cannot be used during treatment. During the treatment period, complete abstinence from alcohol and illicit drugs is required.

Duration of the treatment and sensations

A single treatment session lasts approximately 30-60 minutes. The duration of the first treatment session is approximately 2 hours. A treatment series generally lasts 20 treatments. Treatments are on consecutive weekdays from Monday to Friday.

The magnetic stimuli administered during the treatment may feel slightly unpleasant due to the momentary contraction of the muscles in the head area and the activation of the sensory nerves. Some patients may experience temporary fatigue, headaches or tenderness in the scalp near the treatment site. Stomach problems, eye symptoms and muscle twitching may be possible during the treatment period.

After the treatment

The clinic will issue a report on the treatment after the treatment series has ended. The TMS treatment series is free of charge.

Treatment facility

Wellbeing Services County of Central Finland
Hospital Nova of Central Finland, Jyväskylä
Psychiatry outpatient services
Neuromodulation unit
Entrance 1, floor A2 (2nd floor)

Please register for the examination no later than 15 minutes before the examination time on the 1st floor using a self-registration machine.

If you have any questions or a sudden obstacle arises, please contact us Mon-Fri between 7 am-2 pm, tel. 014- 269 4805 or 014- 269 2072 or 014- 269 3947