Transcranial Magnetic Stimulation (TMS) Therapy

Transcranial magnetic stimulation (TMS) therapy is a treatment for depression. This procedure uses magnetic pulses to stimulate the part of the brain that is thought to cause depression. This treatment was approved by the FDA for treating major depression in 2008.

How the Treatment is Done

- Your doctor may have you stop taking antidepressant medicines before you start this treatment. Talk with your doctor about whether you need to stop any medicines.
- For this treatment, you are seated in a chair with a head rest. You will be awake during the treatment. You should keep your head still during the treatment.
- You will need to wear ear plugs during the treatment.
- When the coil is against your head, you will hear clicking sounds and feel a tapping against your head when the pulses are given.
- To start, your doctor will find your **motor threshold**. This is the used to decide the right dose for your treatment. A magnetic coil is placed on the left side of the front of your head. A series of short electrical pulses are done through the coil. The amount of energy given will be adjusted until your right hand twitches.
After the threshold is measured, the coil is moved. Your doctor will decide when you need to have your threshold adjusted or checked in the future.

- You will be given a series of pulses over a few seconds with a rest period between each series. The series will be repeated and the treatment session will take about 40 minutes.
- You will likely receive this treatment **5 times a week for 4 to 6 weeks**.
- Expect each treatment appointment will take about 1 hour.
- You can return to your normal activity after the treatment.

Most people having this treatment have relief of their depression signs after 4 weeks.
Some people need treatment repeated after 6 months or longer.

**Risks or problems that could happen from this treatment**

- Feel tapping or have some pain when the coil is turned on
- Headaches
- Seizures are a slight risk
- Treatment may not work. If you or your family would notice any signs getting worse, you should talk to your doctor.

**Before Starting Treatment**

Tell your doctor if you have **any metal in or near your head** because you may not be able to have this treatment safely. This would include:

- Aneurysm clips or coils
- Stents
- Implanted devices such as stimulators
- Bullet fragments or shrapnel
- Other metal objects
If you have a pacemaker or other device implanted in your chest or abdomen, tell your doctor. There should not be a problem, but the coil needs to be kept at least 12 inches or 30 centimeters away from the implanted device.

**Tell your doctor if you are pregnant or think you may be pregnant.**

**Treatment Cost**
Few insurances cover the cost of this treatment. A financial counselor is available to help answer any questions you have about the cost of treatment.

**Location for Treatment**
- Treatment is done at OSU Harding Hospital, 1670 Upham Drive, Columbus, Ohio 43210.
- You will need to register on the first floor of the hospital and then go to the 5th floor, Suite 509E for your treatment.
- If you have questions about your appointment or if you need to reschedule, please call (614) 293-8552.
- For driving directions, go to [Driving Directions to OSU Harding Hospital](https://www.osumedicine.com/locations/driving-directions).

Talk to your doctor or others on your health care team if you have any questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).