



What are the risks of TMS?

While TMS is generally well-tolerated by most patients, there are some potential risks associated with it which are listed below. Please speak with your doctor if you have any concerns about these.

1. Side Effects

Only a small percentage of patients stop TMS treatment because of side effects. If you experience the following during your TMS session, please alert our staff promptly so that they can assist you:

- **Tapping over the stimulation site and facial twitching:** Such sensations are reported by about one third of patients, and occur when the magnetic coil is turned on. Our staff may adjust the stimulation settings or make changes to the location of the coil to make the procedure more comfortable for you.
- **Headache:** One in 10 patients treated with TMS experience headaches. This arises from muscle stimulation on the scalp. Usually, these headaches will go away within a few hours after treatment. The headaches generally respond well to over-the-counter pain medications, and you may take painkillers (e.g. paracetamol) if needed.
- **Risk of short-term hearing impairment:** Because the TMS device produces a loud click with each pulse, you must wear ear plugs during treatment to minimise the risk of hearing impairment. There have been no reported cases of permanent hearing impairment with properly functioning hearing protection. Please notify the treatment staff immediately to assist you if your earplugs become loose or fall out during the procedure.

2. Other Risks

- There is an extremely small risk that you may experience a seizure when you undergo TMS. In the event that this happens, your TMS treatment will be stopped immediately. Please be assured that our trained nurses will render the necessary medical attention, and your TMS doctor will be notified as well.
- There is a small risk of the emergence of mania arising from TMS treatment. Your doctor will monitor you for the development of manic symptoms, and also let you know what to look out for. If you notice these symptoms, please alert your doctor immediately.
- TMS may not be effective for some patients with depression or OCD, and there is a risk that your depressive or obsessive-compulsive symptoms may get worse. You may want to ask a family member or caregiver to help monitor your symptoms to look out for any signs of worsening depression or OCD. Please report these immediately to your doctor.

Other Information

- Photography/videography of your TMS sessions is strictly prohibited.
- If you have any queries, please approach our staff. We are here to support you and your loved ones.



Transcranial Magnetic Stimulation (TMS) Service

for treatment of depression and obsessive-compulsive disorder

Institute of Mental Health
Buangkok Green Medical Park
10 Buangkok View
Singapore 539747

General Enquiries: 6389 2000
Appointment Line: 6389 2200

- www.imh.com.sg
- [Institute of Mental Health Singapore](#)
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Apr 2024

What is Transcranial Magnetic Stimulation (TMS)?

Transcranial magnetic stimulation (TMS) is a non-invasive medical procedure that stimulates the brain to treat depression or obsessive-compulsive disorder (OCD) in adults.

An insulated coil placed on the scalp generates brief magnetic pulses that stimulate specific areas of the brain involved in depression or OCD. These magnetic pulses are the same type and strength as those used in magnetic resonance imaging (MRI) machines.

The magnetic pulses generate a weak electrical current in the brain that briefly activates neural circuits at the stimulation site.

Who should consider TMS?

Patients who have not responded well to antidepressants and psychotherapy, or who are unable to tolerate medications may want to consider TMS as an alternative treatment.



How many sessions of TMS are required?

The recommended number of initial TMS treatment sessions is 30 to 50. Sessions are usually conducted daily over four to six weeks, excluding weekends and public holidays. Each treatment session is approximately 30 to 60 minutes.

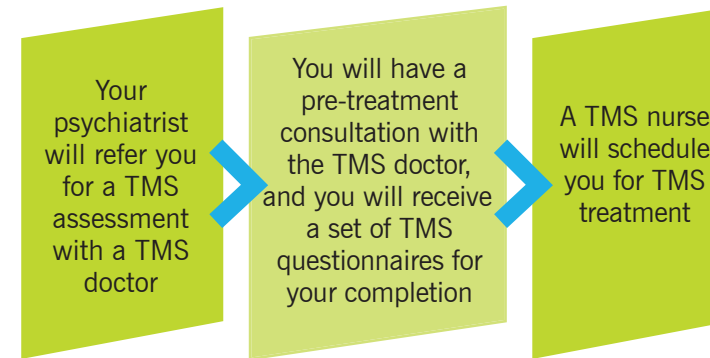


Is TMS suitable for everyone?

TMS is not recommended for anyone with a history of seizures, or who has any non-removable magnetic-sensitive metal in their head or within twelve inches of the magnetic coil. **If this applies to you, for your own safety, please ensure that you inform your doctor when considering TMS.** Objects that may have this kind of metal include:

- Aneurysm clips or coils
- Stents in your neck or brain
- Implanted stimulators
- Cardiac pacemakers or implantable cardioverter defibrillator (ICD)
- Cardiac stents
- Electrodes to monitor your brain activity
- Metallic implants in your ears or eyes
- Shrapnel or bullet fragments
- Facial tattoos with metallic or magnetic-sensitive ink
- Other metal devices or objects implanted in or near your head

Your TMS Journey



Before TMS

- You will receive a pre-TMS package. Please fill it up and bring it along for your scheduled consultation with your TMS doctor
- A TMS nurse will contact you to schedule a TMS appointment
- The doctor will assess your suitability for TMS treatment during your first consultation

During TMS

The TMS procedure does not require any anaesthesia or sedation, so you will be awake and alert during the entire procedure. You will be required to wear earplugs to minimise the noise you experience during the treatment, as TMS produces a loud clicking sound with each pulse. Additionally, you will need to refrain from activity during treatment (e.g. the use of mobile phones, ear pieces and reading is discouraged).

A magnetic coil will be gently placed on the side of your head after you are seated on a chair. The TMS device will be adjusted to deliver a series of pulses that gives just enough energy so that your hand or foot twitches. Then the magnetic coil will

be moved to the front of your head, over a region of the brain that is involved in depression or OCD. You will receive the treatment as a series of pulses, with a rest period between each pulse series. During the procedure, you will hear a clicking sound and feel a tapping sensation on your scalp.

Our team cares about your progress following treatment. We encourage you to discuss any concerns and feelings that you may be experiencing, and to ask questions as they arise. Please inform your nurse if you experience any side effects during or after treatment, or of any changes in the following:

- Your caffeine intake
- Your sleep pattern
- Your medication

Appointment Matters

- Please be punctual for your appointments.
- For optimal results, please follow the treatment schedule that has been planned for you.
- If you miss two consecutive TMS sessions, your treatment will be temporarily paused while a nurse will arrange for a doctor to review you.
- As the TMS service is rendered by a team of doctors and nurses, please note that you may be attended to by different doctors and nurses for your sessions.
- To reschedule your appointment, please call the Sayang Wellness Clinic at 6389 2449.