

Health and Medical Services
Diagnostics Centre
Neurophysiology Examination Unit

14 June 2023

Transcranial magnetic stimulation, pain

(Navigated repetitive transcranial magnetic stimulation nrTMS)

Purpose of the course of treatment

Repetitive transcranial magnetic stimulation (rTMS) is a safe treatment method in which the brain is activated from the outside of the head by means of a magnetic field. The treatment can be given for more than one disease or symptom.

Preparing for the treatment

Before the treatment begins, you will undergo a head magnetic resonance imaging (MRI) scan. You will receive a separate invitation for the MRI and a preliminary information form to be filled.

After the MRI, you will receive an appointment at the Neurophysiology Examination Unit. During this appointment the exact MRI and symptom-based locations of the treatment locations and the optimal intensity of the magnetic stimulation pulses are defined. The preparation session will take about 1.5–2 hours.

There is no special preparation required for the magnetic stimulation sessions. You may eat, drink and take your medications as usual.

Course of treatment

You will be notified of your treatment appointments later by a letter, accompanied by a form **for estimating the severity of pain and quality of sleep prior to the rTMS treatment. Use the form to keep record for two weeks prior to your treatment begins and bring it with you to your first treatment appointment.**

The treatment is given with a coil placed against your head. The magnetic pulses will come in several sequences with short breaks in between.

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During the pulses, the coil will make a clicking sound, which is why we will protect your hearing with earplugs during the treatment.

You will be able to rest in a treatment chair during the procedure. The pulses may feel somewhat unpleasant at first due to the temporary contraction of the muscles in the head area and the activation of the sensory nerves. After the first treatment appointments, you may experience mild tiredness, headache or soreness in the treatment area. These symptoms are harmless and will pass.

A single treatment appointment usually takes about an hour.

The effectiveness will be assessed during the course of the treatment. If you feel that the treatment is beneficial, it can be continued with a doctor's referral as maintenance therapy, with less frequent treatment sessions. The more frequent treatment sessions may be repeated with a new referral by a doctor if your symptoms return.

Contraindications for treatment

You cannot receive the treatment if you have a pacemaker or metal objects inside your head. Amalgam fillings will not prevent you from receiving the treatment. You must notify our unit well in advance if you have epilepsy or are pregnant before your course of treatment begins.

Examination location

The Neurophysiology Examination Unit is located on the second floor of Building Y, above the main entrance of Building Y and Info Y (elevators 41 and 42).

Our unit is open during office hours, tel. +358 (0)6 415 4723.

Please note! A penalty fee may be charged for a missed examination appointment that has not been cancelled.

Our unit's website (in Finnish):

<http://www.hyvaep.fi/palvelu/neurofysiologia/>

Welcome!