



rTMS FAQ



What happens if I can't make a session?

For rTMS to be fully effective, it is important that you attend all sessions. If you are unable to make a session you must contact the clinic you are attending to advise them of your absence. Foothills Medical Centre 403-944-1491 Rockyview General Hospital 403-943-8851. We require 48 hours' notice for planned absences. Arrangements can be made to accommodate a missed session. If you have 2 no shows, the psychiatrist will speak with you. If there are more than 3 sessions missed throughout the course of treatment, you may be discharged from the program.

What happens when the treatments are completed?

Once the treatments are complete, you will be scheduled for follow up appointments at 1 month, 3 months and 6 months.

I'm halfway through my treatments and I feel much better, can I stop?

No. It is recommended that you complete the full course of treatment. We encourage you to discuss how you are feeling with the nursing staff on each visit.

Where do I park?

If you have questions regarding parking, please contact the location that you are scheduled at for assistance. Foothills Medical Centre 403-944-1491 Rockyview General Hospital 403-943-8851. There may be discounted parking options available. Parking maps for the two sites are online:

- <https://www.albertahealthservices.ca/fmc/page14404.aspx>
<https://www.albertahealthservices.ca/assets/info/park/if-pmap-rockyview-general-hospital.pdf>

What does it cost?

Treatment is covered by Alberta Health, but patients are responsible for parking and transportation expenses.

Are there any activity restrictions during rTMS treatment?

No. Most people do not require any recovery period after completing a session of rTMS, and may continue their daily activities as usual. There are no restrictions on driving before or after rTMS treatments. If you are working, you do not need to stop working to undergo rTMS so long as your schedule can accommodate the treatment visits.

Can a family member come with me?

You may bring a family with you, but they will not be permitted in the treatment room. They are welcome to wait during your treatment. Pets, other than service dogs are not permitted on the unit.

I am under the age of 18, can I access treatments?

No. Treatments are for those aged 18 or over

Can I consume alcohol?

No. It is advised that stopping the consumption of all alcoholic beverages at minimum 6 week before treatments begin and during the full treatment course.

Can I use Cannabis or CBD oil?

Those using Cannabis products may not respond well to rTMS treatment. If you continue to use these substances during treatment, rTMS may not be as effective.

Are there any prescription medications that I cannot take during rTMS treatments?

Yes, there are several medications that may delay or reduce the effectiveness of treatment. Those medications include benzodiazepines, sleep aids, mood stabilizers and anti-epileptic medications. Please talk to your Dr. if you have concerns about any of the medications listed.

How long does each treatment last?

Depending on the rTMS protocol that is chosen for you by your doctor, each treatment will last between 3 and 37.5 minutes.

Is rTMS treatment the same as ECT?

No. rTMS treatment is different from ECT. ECT uses electric currents to induce a seizure, while rTMS uses magnetic pulses to stimulate the brain in a non-invasive way. There are fewer side effect with rTMS and it does not require the use of anesthesia.

Are the results from rTMS treatments permanent?

rTMS is not a permanent treatment, and relapse after treatment is possible. Typically, the effects of rTMS will last for 6 months in 90% of cases, and generally last for 6-12 months. However, if relapse does occur, repeat rTMS is possible. Those who respond to rTMS once will usually respond to rTMS again in the future if it is needed.