

TMS: Five Things Before You Start

What decides whether TMS fits, what the first session does, and what the four to six week schedule actually demands.

✓ **Verified against published guidance** from NIMH, Mayo Clinic & Cleveland Clinic · sources below

TMS should be prescribed and monitored by a provider with specific training (National Institute of Mental Health). Mayo Clinic says it is usually used only when other depression treatments have not worked. If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide and Crisis Lifeline at 988.



Do This

Ask What You Have Already Tried

- Policies want a minimum number
- Antidepressants that failed
- Get it documented

COACH'S TIP Mayo Clinic on coverage.

Write Down Every Metal Implant

- Cochlear implants
- Aneurysm clips or coils
- Pacemakers, defibrillators

COACH'S TIP Cleveland Clinic screens these.

Block Five Mornings A Week

- Four to six weeks in total
- About 30 to 36 sessions
- Daily, not weekly

COACH'S TIP NIMH and Cleveland Clinic.

Expect An Hour For Visit One

- Mapping finds the spot
- Test pulses set the strength
- Thumb or hand may twitch

COACH'S TIP Mayo Clinic describes it.

Keep Your Current Treatment

- TMS works alongside medicine
- Therapy can continue too
- Together may improve results

COACH'S TIP Cleveland Clinic and NIMH.

Wear The Earplugs Every Time

- The machine clicks loudly
- Hearing loss is a rare risk
- Protection is standard

COACH'S TIP Mayo Clinic names the risk.



Do Not

Do Not Expect It Overnight

- Relief may take weeks
- A couple of weeks at best
- No fixed date is promised

COACH'S TIP Both sources hedge this.

Do Not Skip The Seizure History

- Seizures are very rare
- Risk rises if you have one
- Medicines may need changing

COACH'S TIP Cleveland Clinic screens it.

Do Not Confuse It With ECT

- No anesthesia needed
- No memory loss
- Aimed at one brain site

COACH'S TIP NIMH draws the line.

Do Not Stop Your Antidepressant

- Not required for TMS
- Plans usually include both
- Ask before changing anything

COACH'S TIP NIMH on treatment plans.

Do Not Assume OCD Is Covered

- Depression usually is
- OCD and smoking often are not
- Check before you book

COACH'S TIP Mayo Clinic on insurance.

Do Not Drive Home On Day One

- Later sessions are fine
- Work and driving resume
- First visit, arrange a ride

COACH'S TIP Cleveland Clinic suggests it.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

4 to 6 weeks Length of a typical course

30 to 36 Sessions in a common course

3 to 40 min Length of a single session