

What to Expect on Day 1



Congratulations on pursuing NeuroStar TMS. Your NeuroStar provider and support staff will be with you each step of your journey.

You may have questions. And we have answers that will enhance your treatment experience and provide the greatest chance of reaching remission from your depression.

On your first day with NeuroStar, you will receive your “mapping” and your first treatment. The first day of your treatment is the longest; expect 40-60 minutes. Each subsequent session will be about 20 minutes.

What Happens During the Mapping?

Motor Threshold (MT) determination, or mapping, is how your provider determines your prescribed dose and treatment location for NeuroStar to deliver the best clinical outcomes for you.

- The provider delivers single magnetic pulses to look for a twitch in your thumb
- The device makes a “clicking” noise when it’s delivering magnetic pulses
- You may feel a light tapping sensation when this occurs
- You may need to hold your arm in a certain position for 20 minutes so your provider can assess finger twitches

What Happens During the First Treatment?

Your full treatment session will last 19 minutes. The tapping will continue throughout that time. You’ll be fully awake and alert during the treatment.

- If at any point in your treatment you are uncomfortable, let your treater know and they can adjust the treatment accordingly
- You may feel a light tapping sensation on your scalp or a tingling sensation in your facial muscles

What Will Happen After My First Treatment?

You’ll be able to resume normal activities immediately after your treatment. NeuroStar does not have the same systemic side effects as medications.

- The most common side effect is a slight headache or scalp irritation at or near the treatment site during the treatment
- Minor discomfort usually subsides after the first week of treatment
- It is important to let your doctor know if you experience any discomfort
- Ask your treater if over-the-counter pain medication might be right for you

How Can I Prepare?

What Should I Wear?



- Wear comfortable clothing
- Wear your hair down
- Remove all jewelry above the shoulders

Can I Bring Someone With Me?



- Yes: No:
- A loved one by your side through treatment can be comforting
 - Friends and family can be your cheerleader and ask questions on your behalf

Do I Need to Change Any of My Habits?



- Yes: No:
- Do your normal routine
 - Take medications as prescribed
 - Eat your usual diet
 - Try to get a good night’s sleep
 - Consume your typical amount of caffeine

The NeuroStar Advanced Therapy System is indicated for the treatment of depressive episodes and for decreasing anxiety— symptoms for those who may exhibit comorbid anxiety symptoms in adult patients suffering from Major Depressive Disorder (MDD) and who failed to achieve satisfactory improvement from previous antidepressant medication treatment in the current episode. The NeuroStar Advanced Therapy system is intended to be used as an adjunct for the treatment of adult patients suffering from Obsessive-Compulsive Disorder (OCD). The most common side effect is pain or discomfort at or near the treatment site. These events are transient; they occur during the TMS treatment course and do not occur for most patients after the first week of treatment. There is a rare risk of seizure associated with the use of TMS therapy (<0.1% per patient). Visit neurostar.com for full safety and prescribing information.