



perth Clinic

*Empowering you on the journey
to mental health recovery*



REPETITIVE TRANSCRANIAL MAGNETIC STIMULATION

(rTMS) INFORMATION SHEET

What is rTMS?

Repetitive Transcranial Magnetic Stimulation (rTMS) is a non-invasive, evidence-based treatment for depression. It is recommended for individuals who have not responded adequately to antidepressant medication or who experience intolerable side effects. rTMS uses targeted magnetic pulses to stimulate specific brain regions involved in mood regulation. It does not require anaesthetic or sedation and does not impair memory or cognition.

The rTMS Process

Initial Mapping Session (Approximately 1 Hour)

Your first appointment involves detailed mapping to determine your resting motor threshold (RMT), ensuring accurate coil positioning and precise dose calibration tailored to your neurophysiology.

Treatment Sessions

A customised positioning cap is measured, fitted, and marked during your mapping session. This cap is tailored to your head measurements and ensures consistent, precise coil placement throughout your course of treatment. You remain awake and alert during sessions, ear protection is worn, and a clinician remains present at all times. Sessions last between 3 and 20 minutes depending on protocol.

Treatment Protocols

Perth Clinic offers three established rTMS protocols: high-frequency stimulation to the left dorsolateral prefrontal cortex (to increase activity in underactive mood circuits), low-frequency stimulation to the right dorsolateral prefrontal cortex (to reduce hyperactivity associated with depressive and anxiety symptoms), and Theta Burst Stimulation (TBS), a patterned protocol delivering stimulation in brief bursts which may reduce treatment time to approximately 3 minutes per session. The treating

psychiatrist determines the most appropriate protocol based on your clinical presentation.

Course Structure

An acute course of rTMS typically involves 20–35 sessions, depending on clinical need and your psychiatrist's recommendation. Perth Clinic offers rTMS seven days a week, allowing flexibility in scheduling.

Medicare Information

rTMS is Medicare-rebated for eligible patients with treatment-resistant depression. Eligible patients can access 35 fully rebated sessions for an initial acute treatment course, with a further 15 maintenance treatments available approximately four months after completion of the acute course, subject to Medicare criteria.

Additional Access Options

If you have previously completed a Medicare-funded course of rTMS, you are still able to access treatment through our inpatient or day patient programs as part of a comprehensive treatment plan. Please discuss these options with your treating psychiatrist.

Safety & Side Effects

rTMS is generally well tolerated. Common side effects may include mild scalp discomfort, headache, fatigue, and eyebrow or facial muscle twitching during stimulation. These are typically mild and temporary. Serious adverse events such as seizures are rare.

If you are interested in rTMS as a treatment option for depression, please discuss this with your doctor. Feel free to contact our team on (08) 94814888 or at tms@perthclinic.com.au for more

information or watch our video via the QR code.

