



**SMART BRAIN AND HEALTH**  
Advanced Brain Therapeutics

2811 Wilshire Boulevard, Suite 660  
Santa Monica, CA 90403  
Tel 310.829.3438  
Fax 310.453.6416

**Patient information**

Patient name \_\_\_\_\_ Date of birth \_\_\_\_\_

Phone number \_\_\_\_\_ E-mail \_\_\_\_\_

**Physician information**

Ordering physician has specialty training and competency in psychiatry? Yes  No

Ordering physician has the following specialty: \_\_\_\_\_

Ordering physician requests Smart Brain and Health to organize a Neuropsychiatric evaluation prior to TMS treatment. Yes  No

**Clinical information**

Depression Yes  No

Anti-depressant medication - please list dose and duration.

Current \_\_\_\_\_

Past \_\_\_\_\_

Other symptoms/complaints:

Pain \_\_\_\_\_

Headaches

Multiple Sclerosis

Mood Disorders

Psychosis

PTSD

Tinnitus

Seizures

Anxiety Disorders

Fibromyalgia

Parkinson's

Closed Head Trauma

Other \_\_\_\_\_

Metallic implants/devices:

1. Unremovable metal in the head Yes  No

2. Metal tattoos Yes  No

3. Pacemakers and stimulators Yes  No

(Note: Braces and metal fillings are acceptable for treatment).

TMS therapy with Smart Brain and Health for \_\_\_\_\_

**MEDICAL IMAGING**

Center of Southern California, Inc.

2811 Wilshire Boulevard  
Ground Floor  
Santa Monica, CA 90403  
Tel 310.829.9788  
Fax 310.829.4828  
www.micsc.com

**MRI**

Pre-treatment MRI

Post-treatment MRI

Functional MRI

With Gadolinium

With Gadolinium

With Gadolinium

**PET - CT**

PET-CT

Brain FDG

# Patient Preps

- Now that you have been prescribed the TMS therapy with Smart Brain and Health, it is important that you understand what you can expect during your treatment.
- On treatment days, you can perform your normal daily activities prior to treatment, including driving to the Smart Brain offices and eating and drinking.
- It is advisable to check with your physician first before discontinuing any medication, including blood pressure and heart medication, as well as any medication for headaches and back pain.
- If you are accustomed to taking medication for moderate pain, it is advisable to continue taking this medication.
- Over-the-counter pain medications, such as Tylenol and Advil, are usually sufficient for TMS side effects. If you use such medications, please bring the actual bottles to your treatment session.
- If you take such medication and it results in drowsiness, please ensure that you have someone who can drive you home after your session.
- The treatment is contraindicated for use in patients who have cochlear implants, implanted pacemakers, stimulators and electrodes, aneurysm clips and coils, stents and bullet fragments.

## Your First Treatment Session

- It will be approximately two hours.
- You will receive a pair of protective earplugs which you must wear.
- The technologist will perform a test to identify your motor threshold. This is the amount of magnetic field strength applied that results in an involuntary movement of your right thumb. This test is important as it identifies the magnetic field strength which will be used in your treatment.
- The technologist will then determine the place on your head where the treatment will be applied. The coil will be placed over this area.
- The technologist will administer the treatment over a 40-minute period.

- The device will deliver pulses of the magnetic field. This will feel like a tapping sensation on your scalp.
- If you feel any discomfort, the technologist will make adjustments to reduce your discomfort.
- During your treatment session, you can relax in the treatment chair. You will be awake and able to speak to the technologist whenever necessary.

## Subsequent Treatment Sessions

- Most sessions will last approximately one hour.
- The motor threshold test may be repeated periodically.

## Side effects

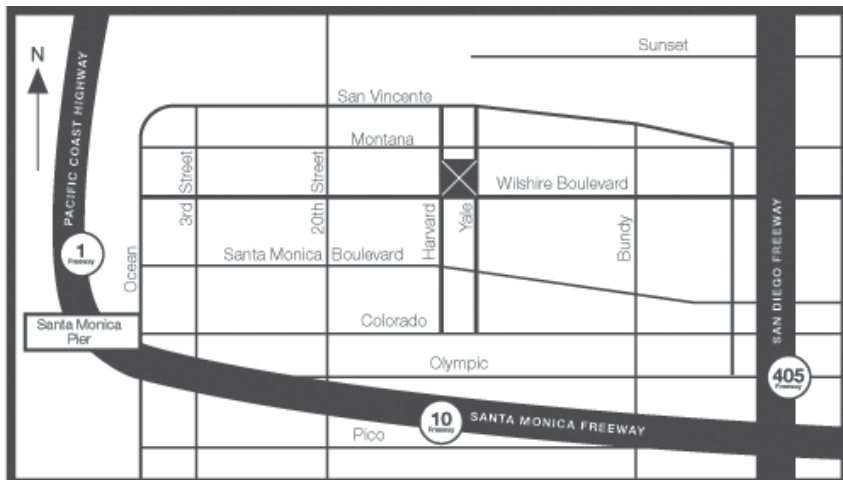
- You may experience headaches or pain at the site of stimulation.
- There may be some scalp discomfort during the treatment.
- This often improves as further treatment sessions are administered.
- You can treat this pain with an over-the-counter analgesic.
- If it persists, the technologist can reduce the strength of the treatment in order to make you more comfortable.

## Magnetic Resonance Imaging (MRI) with or without fMRI

- Patients with a pacemaker cannot have an MRI.
- Patients should wear comfortable clothing without metal buttons or zippers.

## PET or PET/CT

- There are special instructions for diabetics (please call the office).
- Patients should drink lots of water prior to the exam.
- Patients should wear comfortable clothing with no metallic objects.
- Patients should not eat after midnight, sugar intake should be low for 24 hours prior to the study.
- There is a 24-hour cancellation policy on isotopes. Without 24-hour notice, patients will be charged to cover the cost of the isotope.



## Directions to Smart Brain and Health:

Smart Brain and Health is on the North side of Wilshire Boulevard between Harvard and Yale Streets in Santa Monica.

Parking is in the building entering off Harvard Street, just North of Wilshire.

Disabled Persons' parking is located on the 2nd and 3rd levels of the building.

## Smart Brain and Health

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