

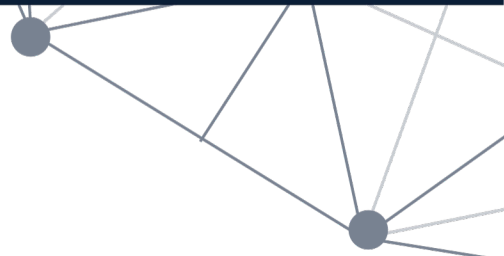
OPTIMISE
Healthcare Group



Transcranial Magnetic Stimulation for Migraine

Patient Information

Please read this booklet carefully and ensure you are familiar with the information prior to booking your treatment



Consent to Share Information

If you would like a parent, partner, or friend to speak with us on your behalf whether to arrange appointments or enquire about your care we will need your written consent first.

To protect your privacy, our admin team cannot discuss your care with anyone without your prior consent.

A consent form can be completed online via the link included in your confirmation email. This process helps us maintain strict confidentiality throughout your care journey.

If you're having trouble locating the link to the consent form, please get in touch with our team and we'll be happy to send it to you directly.

For more information on how your data is handled, please refer to our Privacy Policy on our website at www.optimisehealthcaregroup.co.uk

Please note: All final reports are shared with your GP to support overall risk management and ensure a holistic approach to your ongoing care. If you do not consent for the sharing of information with your GP, we are unable to initiate treatment for you.

Referrals

Patient's can enter into our service via one of the following routes:

GP referral

Self Referral

Referrals can be sent to:

Private@optimisehcg.co.uk (Self-funding patients)

Migraine Treatment with Optimise Healthcare Group

Optimise Healthcare Group is a private, psychiatry-led outpatient mental health clinic. As we're not a specialist headache clinic, TMS for migraine is offered here on an off-licence (sometimes called 'off-label') basis - meaning we're using the treatment outside of its originally licensed indication, which is a well-established and closely regulated practice in medicine when there's good supporting evidence, as there is here.

Before you start treatment, your case will be reviewed by one of our consultants, and we'll request your GP medical records to support this. We'll talk you through everything; the evidence, what to expect, and any uncertainties so you can make a fully informed decision, and you're free to change your mind and withdraw consent at any time.

What is TMS for Migraine?

Transcranial Magnetic Stimulation (TMS) is a gentle, non-invasive treatment. A device is placed lightly on your scalp and delivers small magnetic pulses. There's no need for sedation or anaesthetic, and no recovery time is needed afterwards - you can carry on with your day as normal.

For migraine, we use a circular coil, which is different from the figure-of-8 coil used when we treat mental health conditions like depression, OCD or anxiety. The two treatments work differently: for migraine, we're not aiming to target the brain in the same way we do for mental health conditions - instead, the goal is to help reduce how often migraines happen, how severe they are, or how long they last.

What Does the Evidence Say?

Trials looking at TMS for migraine have shown encouraging results. In one study, people using a handheld TMS device during a migraine with aura were significantly more likely to be pain-free two hours later compared with those who didn't receive real stimulation, and this benefit was still holding up a day or two afterwards. Another study of patients with hard-to-treat migraine found that the vast majority had at least a 50% drop in how often their headaches happened within just a week of treatment, with many still doing well a month on.

TMS is generally very well tolerated. Reported side effects tend to be mild, most commonly a headache, some dizziness, or occasional nausea. As with any relatively newer treatment, researchers are still building a fuller picture of how people do over the long term or with very frequent use, so this is something we'll keep you informed about and monitor closely as part of your care with us.



Who can have TMS?

Most adults with a long-standing or debilitating migraine history who are keen to try a non-medication option could be a good fit for TMS. Before you start, just let your consultant know about any metal or implanted medical devices (like aneurysm clips, stents, or magnetic fragments), any history of seizures, brain injury, or other relevant medical conditions, so we can make sure treatment is right and safe for you.

Approvals & Guidance

TMS for migraine has been reviewed by the National Institute for Health and Care Excellence (NICE), under guidance HTG330. NICE recognises TMS as a promising option and supports its use. It should be noted that TMS isn't a guaranteed cure, and that results vary from person to person.

What Happens During Treatment?

A friendly practitioner will stay with you throughout, to make sure you're comfortable and safe. At your first session, we'll take a few measurements to get the coil positioned just right. You'll simply sit comfortably in a chair while the treatment happens. TMS makes a clicking sound and you'll feel a light tapping sensation on your scalp under the coil - most people find this fine, though some describe it as a little odd at first. Just let your practitioner know if anything feels uncomfortable, and they can adjust the coil position or ease off the intensity for you.

Migraine Treatment & Costing

TMS for migraine using a circular coil, provided on an off-licence basis by our clinic, is available as follows:

Length of Treatment	Number of sessions	Cost
2 WEEKS	6 SESSIONS	£700

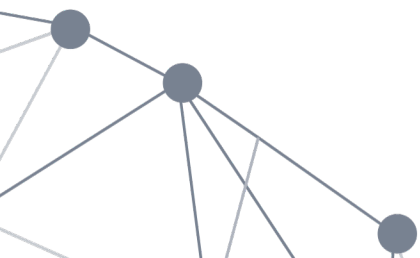
This information is provided as a general guide. Your exact treatment plan, session frequency and suitability will be confirmed following screening, consultant review, and receipt of your GP medical records.



Possible Side Effects

- A mild headache
- Some dizziness
- Occasional nausea
- Some people notice their symptoms feel a little more noticeable at the very start of treatment before settling

These effects are generally mild and tend to ease as treatment continues. There's no recovery time needed, so you can get straight back to your day after each session. Everyone responds a little differently, so while many people see good results, we can't promise a specific outcome for you.



FAQs

Is there a recovery period after a TMS Session?

There is no recovery period and patients are able to go about their daily activities immediately following treatment.

Some patients report a mild headache, however, this is generally at the beginning of treatment.

Recommendation from NICE Guidelines is that the evidence on rTMS for depression shows no major safety concerns.

Should I take my medication before having TMS?

You should take your routine prescribed medication as usual unless otherwise specified by your doctor or consultant.

Can I eat or drink before my TMS treatment?

Yes, you can. TMS does not require anaesthesia, therefore you can eat and drink as you normally would.

Can I change my mind?

Yes, at any time. We will ask you to sign a consent form before your course of TMS treatment starts. You can withdraw your consent at any time.

Can I drive afterwards?

Yes, unless otherwise advised. The treatment does not usually affect your ability to drive or use machinery. If you do drive, you will need to speak to your Consultant Psychiatrist prescribing your treatment before you start a course of TMS. Generally, most patients can drive post-treatment. When you attend your first few appointments it is recommended that you bring a relative, friend or carer for support. Any issues with driving will be discussed after these first treatments.

Who administers the treatment?

A consultant psychiatrist will prescribe your treatment. The treatment itself will be administered by a technician who has been specially trained in the delivery of TMS. The TMS technician will monitor you during the treatment.

Help in Crisis

Emergency Crisis Services

If you feel you are unable to keep yourself safe and require immediate support, please call 999 or attend your local A&E department

Local Crisis Services

Contact 111 for details of crisis services in your local area

You can call any of the following if you feel you need to talk to someone but are not in a crisis:



Samaritans - *phone:* 116 123

Papyrus - *phone:* 0800 068 41 41

CALM - *phone:* 0800 58 58 58

SHOUT - *Text* (85258)

Safeguarding

If you believe that you or someone you care for is vulnerable or at risk of harm, neglect, exploitation, or abuse, it is important to seek help promptly. Anyone can make a referral to their local safeguarding team.



If you or a family member are at risk, please reach out for support without delay. You can contact your GP, local safeguarding team, or appropriate authorities who are trained to assist in these situations. Additionally, you can call 111 for crisis support, safeguarding advice, and to be directed to relevant services.

If there is an immediate or imminent risk to you or a loved one, please call 999.

You can find contact details for your local safeguarding services here:

<https://safeguarding-guide.nhs.uk/contacts/>



Ready to book
your treatment?
Get in touch today!

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info@optimisehcg.co.uk

optimisehealthcaregroup.co.uk

