Alpha-Stim® CES Treatment Flowchart

Alpha-Stim® Treatment flowchart for anxiety, insomnia and depression

20 – 60 minutes of CES daily. Patients may taper over time. Current level between 100-400 microamps is optimal

If the current is less than **2.5 µA** then treat for **40 to 60** minutes

If the current is **2.5 µA** or more, then treat for **20** minutes

Ask patient how they feel

If the patient feels **normal**, **light** or **relaxed** then the treatment is complete

If the patient feels **heavy or sluggish** then continue treatment until a light feeling is experienced

Contraindications
Pregnancy and implanted medical devices such as pacemakers, spinal cord simulators and cochlear implants

Device settings
Increase current slowly until a slight dizzy sensation is experienced. Reduce the current until dizziness subsides. If using the Alpha-Stim M, make sure the frequency is set to 0.5 Hz.

Side Effects
Less than 1% chance of headache or skin irritation at the site of the electrode.
Alpha-Stim is safe for patients that have a history of seizures.
Alpha-Stim can potentiate medication allowing practitioners to reduce dosages

Acute Anxiety
Most patients can feel results immediately

Chronic Anxiety
May take 3-4 weeks to feel significantly improved

Insomnia
Patients may sleep better right away but it could also take 3-4 weeks

Depression
Patients need to treat as close to daily as possible. Expect at least 3 weeks to see significant improvement

Troubleshooting
If the patient does not see results within the appropriate treatment time:
1. Check the device frequency to ensure the patient is using 0.5 Hz
2. Check to ensure patient is using the Alpha-Stim daily
3. Some medications can slow patient response to treatment
5. Check to make sure Alpha Conducting Solution™ is being used
6. It can take up to 6 - 8 weeks to see significant improvement
7. Contact EPI for support

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