



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Your NCS/EMG Appointment *(page 1 of 2)*

We have been asked to arrange some special nerve and muscle tests for you. This is a test and not a treatment. The test will last between 30 and 45 minutes.

What are Nerve Conduction Studies (NCS)?

These are tests of the nerves in the hands, arms and legs, and occasionally, elsewhere in the body. The studies are done by passing small electric currents through the skin and making recordings of the natural electrical signals further down the nerve, or over a muscle. This is usually done with small pads attached to the skin. The electrical pulses produce a strange tingling sensation, which can be uncomfortable but should not be painful. Your muscles may have brief uncontrollable twitches.

There are no after effects and following the test you can go home or to work/school.

How to prepare for your appointment

- if you are taking regular medication please do not stop taking it.
- please avoid using moisturising lotions or creams on the day of your test as they interfere with the recordings.
- wearing loose fitting clothing that can be rolled up to the elbows and knees is helpful.
- bracelets, rings (except wedding rings) and watches will have to be removed for tests on the hands and socks or tights removed for tests on the feet.
- it is important that your hands are warm for test so you may want to wear gloves in cold weather

Please inform the Consultant or Physiologist if you have an implanted defibrillator or cardiac pacemaker.

Upon receipt of your appointment letter, please call the department if you are taking anticoagulant medication such as Warfarin.

Department of Clinical Neurophysiology

 **01722 336262 Ext 2432**

What is Electromyography (EMG)?

Following some conduction studies and depending on the nature of your problem, it may be necessary to record the electrical activity within your muscles. This is normally done with a fine needle inserted into the muscle. The small size of the needle means that it should not be too uncomfortable. As with all needles, this can sometimes leave a bruise and the muscles may feel sore for a while after the test.

When will I get my results?

The recordings are analysed by the Consultant Neurophysiologist and a report is sent to the clinician who referred you for the investigation. As this takes a little time, the result is not usually available to you on the day of the test.

If you have any questions about this investigation or any other concerns, please talk to the Consultant or Physiologist before the start of the test.