

# NERVE CONDUCTION STUDY/NEUROPHYSIOLOGY/EMG TESTS

## Why have you been referred for this test?

The doctor who referred you wishes us to test your nerve or muscle function. These tests can be used to diagnose a variety of nerve or muscle problems.

## How to prepare for the test:

- Avoid lotions or creams to arms or legs – these make recordings difficult.
- Wear loose clothing that can be rolled up above elbows and knees.
- Ladies should avoid wearing tights. Socks are preferable.
- Remove bracelets and watches on both arms. Rings are usually not a problem.
- Continue to take prescribed medication unless instructed otherwise.
- Please come in time for your appointment. Parking spaces at the Queen Elizabeth University Hospital site are limited.

## Important things to tell us about:

- If you have a pacemaker or defibrillator.
- If you are on Warfarin to thin the blood or suffer from excessive bleeding.
- If you faint with needles.

## What do the tests involve?

- You may have to change into a hospital gown.
- We use small electrical shocks to the skin. The pulses can feel uncomfortable to start with. Most patients get used to them quite quickly.
- Sometimes we also use fine needles to study your muscles. However not everyone will need to have this done. If you are worried about needles let the doctor performing your tests know.
- Most people are fine with the tests. However anything that you find too uncomfortable will not be continued.

### **How long do tests take?**

This depends on the nature of your problem. Most tests take approximately 20 to 30 minutes. Complex tests can take longer.

### **Who performs the tests?**

Electrical tests will be performed by a doctor or a physiologist who is appropriately qualified. Needle tests will always be done by a doctor.

### **Are there any side effects?**

The electrical tests may cause some slight tingling but only for a short time. Needle tests may cause mild muscle discomfort but usually settles quickly.

### **How do I get results?**

A report will be sent to the doctor who referred you. They will contact you with the results.

### **Staff Training**

This department is part of a busy teaching hospital and participates in the training of medical and technical staff. Trainees may observe or perform tests under the supervision of a senior trained member of staff.