

Nerve Conduction Studies (NCS) and/or Electromyography (EMG)

Information for patients

This leaflet aims to provide information for patients attending for Nerve Conduction studies or Electromyography.

What is the purpose of the test?

We use these tests to examine the function of the nerves and muscles, and to diagnose a variety of problems.

How long will the test last?

Most tests take between 20 and 40 minutes.

What will happen during the test?

You will be taken into an examination room. You may have to remove some clothing and any splints or slings to allow testing of the affected body part(s). Assistance can be provided if necessary. You may be requested to change into a hospital gown.

Small electrical pulses are administered to the skin. The pulses can feel uncomfortable to start with but most patients get used to them very quickly and tolerate the test well. Sometimes the doctor performing the test may use fine needles to study your muscles. However, not everyone will need to have this done.

If you are worried about any aspect of the test, let the doctor performing the test know.

Will it hurt or do me harm?

The electrical tests may cause some slight tingling for a short time. The needle test may cause mild muscle discomfort but this usually settles quickly. If you find any of the tests we are doing uncomfortable, please let us know and we will stop the test.

Is there anything I need to do before the test?

Avoid wearing lotions or creams on the arms, legs or face as these make the test difficult.

Wear **loose clothing** that you can roll above the elbows and knees.

Please avoid wearing tights. Socks are ok.

Remove bracelets and watches on both arms. Rings are not usually a problem.

Continue to take prescription medication unless we tell you not to.

If you take Mestinon® (Pyridostigmine). Please miss your morning dose on the day of the test.

When will I get the results?

You will not get the results on the day of the test. The report will be sent to the doctor that referred you for the test.

Can I take someone with me?

It can be helpful to bring along a person for the test for you and us. However as we are a clinical area, we kindly request that you only bring one person.

During the test the accompanying person can wait in the waiting area or enter the examination room, but we request that interruptions during the test are kept to a minimum.

Please respect the privacy of staff and photos/videos/audio recordings of consultations are not permitted except with prior approval of the department.

Please note: We are not able to supervise accompanying children whilst you are having your test. If you have problems arranging childcare, please discuss this with the department on the telephone number provided.

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 the tests under the supervision of a senior member of staff. We will ask you beforehand if you wish to take part in student teaching.

Electromyography (EMG): Additional Information

It is the policy of NHS Lothian to respect the privacy and dignity of all our patients. NHS Lothian is committed to providing a safe and comfortable environment, where patients can be confident that best practice is being followed at all times.

A chaperone can be provided to attend your Electromyography (EMG) appointment. This chaperone will be an NHS professional, who can reassure or comfort you during the examination if you find it embarrassing or distressing and will raise any concerns on your behalf.

If you would like a chaperone to be present during your Electromyography (EMG) appointment, please contact the appointment office on the telephone number provided, before your appointment. Failure to do so may mean that a chaperone will not be available, and your appointment will need to be rearranged.

Changing or cancelling your appointment

If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning the number on your appointment letter. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

Public transport and travel information

Bus details available from:

Lothian Buses on **0131 555 6363** or www.lothianbuses.co.uk

Traveline Scotland on **08712002233** or www.travelinescotland.com

Train details available from:

National Rail Enquiries on **03457 484 950** or www.nationalrail.co.uk

Patient transport

Patient Transport will only be made available if you have a medical/clinical need.

Telephone **0300 123 1236** up to 28 days in advance to book, making sure you have your CHI Number ready (this appears on your appointment letter). Calls charged at local rate.

Hard of hearing or speech impaired? Text: **18001-0300 123 1236** (calls charged at local rate). To cancel patient transport, telephone **0800 389 1333** (Freephone 24 hr answer service).

Interpretation and translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing in-patient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.

Contact Information

Department of Clinical Neurophysiology
Outpatients' Department (OPD) 15

Telephone: **0131 312 1505 / 0131 312 1509**

