



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Information regarding your NCS/EMG appointment

Information for patients, relatives and carers

① For more information, please contact:

Department of Clinical Neurophysiology

Tel: 01904 725663

Department of Neurosciences

York Hospital, Wigginton Road, York, YO31 8HE

This leaflet aims to answer any queries you may have regarding your NCS/EMG appointment.

What is NCS/EMG?

NCS (Nerve Conduction Studies) and EMG (Electromyography) are tests to check the function of the nerves and muscles.

Why do I need the test?

Your doctor or specialist may have requested NCS/EMG for any number of reasons. The most common reasons include trapped or damaged nerves and/or muscle problems.

It is perfectly reasonable for you to ask the doctor referring you for the reason in your case.

The test provides additional information to help reach a diagnosis.

Preparation for the test

- Please wear loose clothing that can either be easily rolled up or removed as we need to be able to get to your hands and arms (well above your elbows) or feet and legs (well above your knees).
- Your skin needs to be clean and free of moisturisers/grease/dirt, so please do not apply skin moisturisers for 24 hours prior to your test as they make it difficult to get good recordings.
- Please ensure that any rings, bracelets or watches can easily be removed. It is okay to keep your wedding ring on if you wish.
- Please bring a list of any medication you are taking.
- There is **no** need to stop taking any medication unless you have been told to do so by your doctor.

What will happen during the NCS/EMG test?

You will be seen in the NCS/EMG clinic by a doctor or clinical physiologist. Before the test begins, you will be asked some questions about the problems/symptoms you have been experiencing for which you were referred.

NCS involves the use of mild electrical pulses to stimulate and record responses from the nerves. Most people tolerate it well and it does not cause side effects. People who are familiar with TENS machine say the feeling is very similar.

In a few patients it may be necessary to check some muscles with a very fine needle (EMG); if so, the doctor will inform you about the need for this during the test.

What are the risks?

The equipment used and the procedure itself is very safe. There are no risks or serious side effects.

As with all needles, this can sometimes leave a small bruise, and the muscle may feel sore for a little while afterwards.

How long will the test take?

Please allow forty minutes to an hour and half for your appointment.

What happens once the test is finished?

Once the test is finished, you will be able to go home or back to school or work.

The results are analysed and interpreted by the Consultant Clinical Neurophysiologist. A written report will be sent to the doctor who referred you for the test and your GP.

What to do if you cannot attend for this appointment

- If you are unable to attend, please let us know as soon as possible so that the appointment can be offered to another patient.
- A new appointment can be arranged for you at a more suitable time.
- If you no longer require this test, please let us know so we can remove your name from the waiting list.

If you have any queries or concerns regarding the test, then please contact the department.

Please contact us on telephone number 01904 725665

Department opening times are:

Monday to Friday 8:30am to 4:00pm

For more information, visit our website:
www.yorkhospitals.nhs.uk

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Andrea Clough, Department of Clinical Neurophysiology,
The York Hospital, Wigginton Road, York, YO31 8HE or
telephone 01904 725667.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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