

## Useful websites

[www.nhs.uk](http://www.nhs.uk)

[www.northamptongeneral.nhs.uk](http://www.northamptongeneral.nhs.uk)

## Other information

Northampton General Hospital operates a smoke-free policy. This means that smoking is not allowed anywhere on the Trust site, this includes all buildings, grounds and car parks.

Leaflets, information, advice and support on giving up smoking and on nicotine replacement therapy are available from the local Stop Smoking helpline on 0845 6013116, the free national helpline on 0800 0224332, email: [smokefree@nhft.nhs.uk](mailto:smokefree@nhft.nhs.uk) and pharmacies.

Car parking at Northampton General Hospital is extremely limited and it is essential to arrive early, allowing ample time for parking. You may find it more convenient to be dropped off and collected.

This information can be provided in other languages and formats upon request including Braille, audio cassette and CD. Please contact (01604) 544516 or the Patient Advice & Liaison Service (PALS) on (01604) 545784, email: [pals@ngh.nhs.uk](mailto:pals@ngh.nhs.uk)



# About your Nerve and/or Muscle test

Northampton   
General Hospital  
NHS Trust

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[www.northamptongeneral.nhs.uk](http://www.northamptongeneral.nhs.uk)

Desktop Publishing by the Communications Department

July 2015

NGV1814

## Introduction

We hope the following information is helpful to you.

If you need any further information please ring us on 01604 545724 Monday to Thursday 8.30am-4.30pm and 8.30am-3pm on Friday.

We will explain everything before starting the test and answer any questions you may have.  
You will be in the Department for up to 30 minutes.

## What is a Nerve test?

A Nerve test (or Nerve Conduction Studies/NCS) is a test of how nerves work and helps to identify a trapped nerve or nerve damage which may be causing your symptoms.

We deliver tiny electrical signals along the nerves in the body using a stimulating electrode placed on the skin, usually of the arms and legs. You may find this slightly uncomfortable but it does not last long and most people tolerate it well. By doing this, we can record the nerve responses to find out how the nerves are working. This will help in your diagnosis.

## What is a Muscle test?

A Muscle test (or Electromyography/EMG) is not needed in every case. Only a small number of patients will have this test done as well as the Nerve tests.

It involves a very thin needle being put into one or more muscles in your body. The needle is like a microphone and allows the Doctor to listen to your muscle activity to see if the muscle is healthy.

## What do I need to do before the test?

Do not use any hand or body lotions/oils/talc as these can interfere with the test results.

Remove or do not wear jewellery on your fingers, wrists, or ankles. A wedding ring can stay on.

Inform the Doctor performing your test if you have a pacemaker, or if you are taking Warfarin or other blood-thinning medications.

Please wear loose-fitting clothing that can be easily removed if necessary during the examination.

Your hands may need to be warm for the test, so please use gloves in cold weather.

Take your medication as usual and bring a list of your medication with you.

If you have any additional needs, including access due to disability or need for an Interpreter please contact us as soon as possible.

## What will happen after the test?

The test is reviewed after you have been seen and the Doctor may tell you the result on the day. Sometimes, the result will not be available immediately and so it will be sent to your referring Doctor.

## Will there be any after effects?

There are no after effects from this test. You can go about your day as normal once the test is finished.