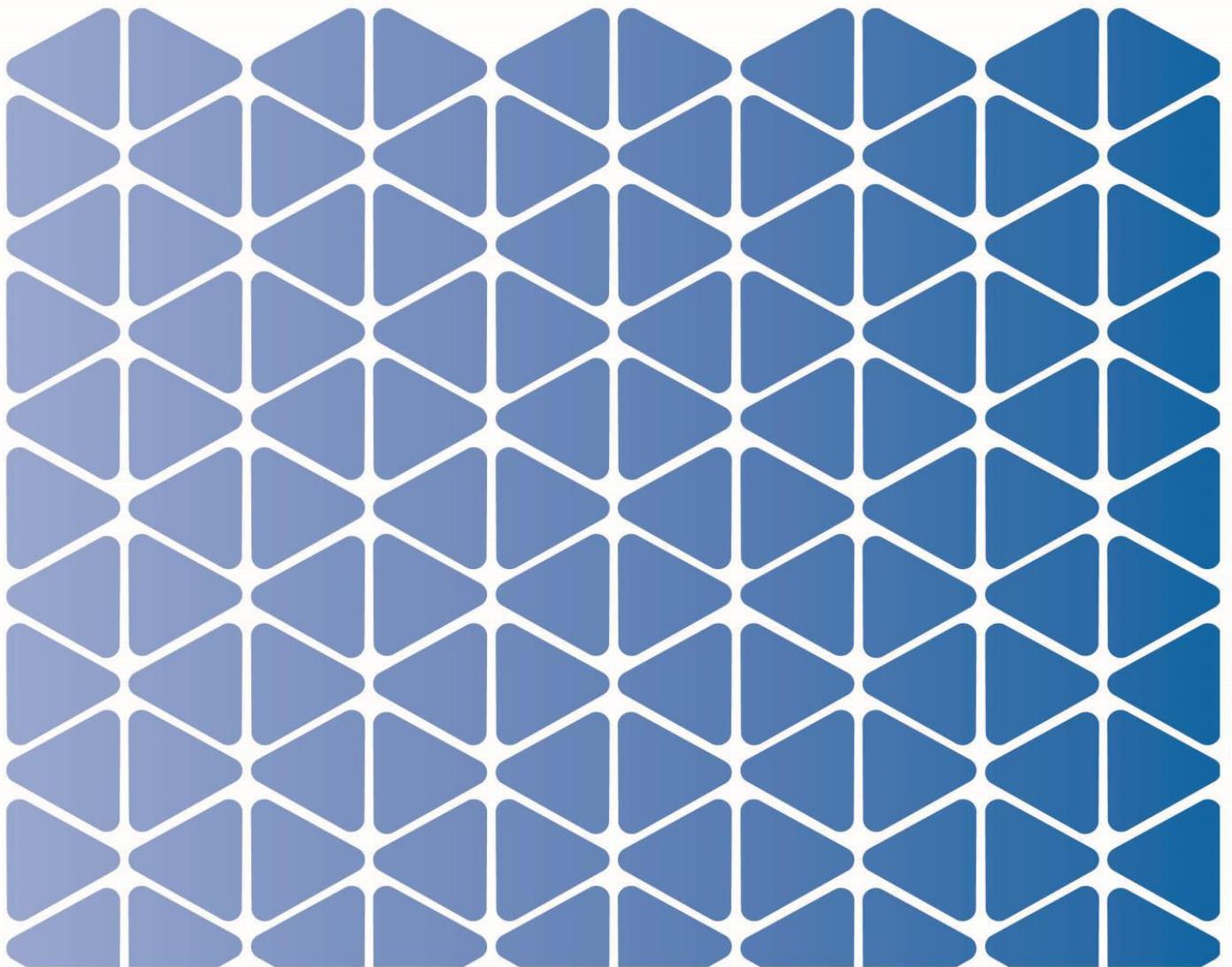




PATIENT INFORMATION

NERVE CONDUCTION STUDIES AND EMG

WHAT YOU CAN EXPECT



What is a NCS / EMG?

A NCS investigates how well the nerves are working. An EMG assesses the nerve supply to individual muscles and how well they are working.

How to prepare for the test

- ❖ It is **essential** for you to **confirm that you can attend** this appointment, within 5 working days, by calling us on 01905 733532 between 8am – 4pm Monday to Friday. Failure to do so may result in the appointment being re-allocated.
- ❖ If you have a **pacemaker/defibrillator** or are taking **Warfarin** then please call the department on 01905 733532 to inform us. Please bring a list of all your current medications with you.
- ❖ Please ensure you wear **loose** clothing so that your arms or legs are easily accessible, (i.e. short sleeves with a jumper if it's cold and loose trousers, no tights).
- ❖ Keep your hands/feet warm for the test.
- ❖ If the tests are on your hands you will need to take off jewellery and watches from both hands (you can leave your wedding ring on).
- ❖ Your hands, arms, legs and feet need to be clean and free of all creams/lotions, including tanning creams.

Additional Information

Unfortunately, we cannot see people who are more than 20 minutes late. It can take a long time to park, so please give yourself plenty of time to get here.

You may wish to bring a relative or friend to accompany you. However please do not bring children with you to your appointment.

Worcester Royal Hospital is a teaching hospital and there may be students observing or performing your test.

What to expect during the test

The test will take about 30 minutes, but is tailored to suit your particular symptoms, so may take more or less time.

For the NCS small pads are placed on to the hands or feet and the nerve is stimulated. You will feel a tapping or twitching sensation, which some people may find a little uncomfortable. There are no after effects from these tests.

An EMG requires a very fine needle to be inserted into various muscles. You will be asked to relax and tense the muscles as the needle records the muscle activity.

How do I get the results?

Your test results will be interpreted by the specialists and the results will be passed on to your Doctor, who will discuss these with you.

Directions to the department

The Neurophysiology department is located on Level 0 (River Level) at the Worcester Royal Hospital. As you enter through the main entrance take the lift or stairs opposite down one floor. The entrance to the department is in the lift lobby opposite the River Court Restaurant.

Where can I find more information?

If you have any queries please call the Neurophysiology department on 01905 760697.

Further information about the test is available at:

www.ans.uk.org/tests

www.bscn.org.uk

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.