

Department of Clinical Neurophysiology

Motor Evoked Potential Investigation

Introduction

This leaflet has been produced to provide information about your Motor Evoked Potential (MEP) investigation and aims to answer any questions that you may have. Please do not hesitate to ask a member of staff if you have any further questions or concerns.

What is an MEP?

These are recordings of the electrical activity produced by your muscles in response to stimulation of the brain by a very brief magnetic pulse.

We have been asked to do this test by your Consultant.

How do I prepare for the MEP?

- If you have a latex allergy please inform the department the day before your appointment.
- Your head will need to be clean and free from any hair products, such as hair spray, gel or mousse.
- You can eat, drink and take any medication as normal.
- You will need to wear loose fitting clothes that enable you to roll the sleeves up to the elbow or above the knee.
- Please remove your watch before the test and take all credit cards and mobile phones/electronic devices out of your pockets.
- Do not apply any skin lotions/moisturisers on the day of the test.

What will happen during the MEP?

A doctor and physiologist will do your test.

We will ask you to sit in a chair. You will feel your arms and legs being rubbed in a number of places with gritty paste. This will not hurt. A number of small sticky discs with long wires will then be

applied to your arms and legs. These wires are then connected to a computer, which will record your MEP.

During the test you will have a small doughnut shaped coil placed over your head. This produces a small magnetic field which will stimulate your brain to make the muscles in your arms twitch. The magnetic stimulator will then be placed over your back and a small magnetic field will be used to stimulate your spine, making the muscles in your arms twitch. This will be repeated to stimulate the muscles in your legs

The MEP can take between 40-60 minutes to perform.

What are the risks of an MEP?

You cannot have a MEP performed if you:

- are pregnant
- have an implanted medication pump
- have a cochlear implant
- have a cardiac pacemaker / defibrillator

A small number of patients have allergic skin reactions. If you are sensitive to cosmetics, lotions or sticky tape please inform the person doing your test.

What will happen after the MEP?

The discs will be taken off and you will be able to return home or go to work. There are no after effects from this test.

When will I know the results of my MEP?

You will not get any results on the day. The results of the investigation need to be analysed afterwards. A report is sent to your consultant, who should receive it in about two weeks.

Any further questions?

If after reading this leaflet you are still unsure about anything to do with the test, or would like more information, please do not hesitate to contact us at the Clinical Neurophysiology Department and you will be able to speak to the clinical physiologists. They will be happy to help you.

Telephone: 0191 2824578 (Direct Line) between 9am-5pm.
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