

## **Department of Clinical Neurophysiology**

### **Multi-Channel Electro-Myography Information**

#### **Introduction**

This leaflet has been produced to provide information about your Multi-channel Electro-myogram (Multi-EMG) 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 a Multi-EMG?**

This is a recording of the electrical activity of your muscles.

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

#### **How do I prepare for the Multi-EMG?**

- If you have a latex allergy please inform the department the day before your appointment.
- 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 all bracelets, watches and rings (if possible) before the test.
- Your hands and feet need to be warm for the Multi-EMG so if it is cold weather, please wear gloves and thick socks.
- Do not apply any skin lotions/moisturisers on the day of the test.
- You can eat and take any medication as normal.

#### **What will happen during the Multi-EMG?**

A doctor will perform your test.

We will ask you to sit in a chair. You will feel your hands and/or feet 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 the muscles of your hands and/or feet. These wires are then connected to a computer, which will record your Multi-EMG.

The doctor will then ask you to perform a range of different movements to activate your muscles such as raising your arms, standing or walking.

The Multi-EMG will take between 30-60 minutes to perform.

### **What are the risks of a Multi-EMG?**

There are no risks.

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

### **What will happen after the Multi-EMG?**

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

### **When will I know the results of my Multi-EMG?**

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 would like more information, or are still unsure about anything to do with the test, please do not hesitate to contact us at the Clinical Neurophysiology Department and speak to one of our doctors.

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

Fax: 0191 2824035

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