

Department of Clinical Neurophysiology

Adult: Upper Limb Nerve Conduction Studies Information

Introduction

This leaflet has been produced to provide you with information about your Nerve Conduction Study (NCS) 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 NCS?

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

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

How do I prepare for the NCS?

- You will need to wear loose fitting clothes that enable you to roll the sleeves up to the armpit.
- Please remove all bracelets, wristwatches and rings (if possible) before the test.
- Your hands need to be warm for the NCS so if it is cold weather, please wear gloves.
- Do not apply any skin lotions/moisturisers on the day of the test.
- You should have your meals and medication as normal.
- If you have a latex allergy please inform the department the day before your appointment.
- Please contact the department prior to your appointment if you have a defibrillating pacemaker.

What will happen during the NCS?

A physiologist will perform your test.

- You will be asked to sit in a chair and small pads will be applied to the muscles or over the nerves of your hand.
- You will then feel small electrical pulses (rather like pins and needles) as your nerves are tested. Your hand muscles will briefly twitch.
- In rare circumstances the muscles of your hand or arm may be examined with a small fine needle. A doctor will perform this.

The NCS will take around 30 minutes to perform.

What are the risks of an NCS?

The electrical pulses may feel a little uncomfortable but are not harmful in any way.

There are no risks to pregnant ladies or their unborn babies.

What will happen after the NCS?

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 NCS?

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

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 clinical physiologists. They will be happy to help you.

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

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