

Nerve Conduction Studies (NCS)

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Nerve Conduction Studies (NCS) are a diagnostic investigation which test how well and how fast nerves conduct electrical signals. If the nerve is trapped, damaged or diseased then these signals change.

NCS are performed by either a Healthcare Scientist or a Consultant Clinical Neurophysiologist.

How do I prepare for the test?

- Please keep your hands and feet as warm as possible, especially in cold weather. Nerves conduct messages more slowly when cold so this could affect the results of your test.
- Please wear loose clothing that gives easy access to your arms and legs.
- Please avoid using moisturising creams or gels on your skin on the day of the test as they can interfere with the test.
- Please remove any jewellery or watches before the test (a wedding band is fine).
- You can eat, drink and take any medicine as usual.
- Please bring a list of medicines you may be on.

What happens during the test?

During NCS, small electrical pulses are used to stimulate the nerve, and the results are recorded using electrodes placed on your skin, usually on your arms or legs. These pulses are felt as a sharp tapping sensation which can feel uncomfortable but should not be painful.

This process is repeated for a number of different nerves. Some of the tests will make your muscles twitch or jump.

If you find the test is getting too uncomfortable, please let the doctor or healthcare scientist doing the test know, and they will try their best to minimise the discomfort.

The test, including asking you for information about your symptoms takes approximately 30 minutes to 1 hour.

Side-effects

NCS have no lasting effects and you can resume normal activity straight away.

Having this test will not affect mobility or your ability to drive home.

This test carries no risk to pregnancy.

When will I get the results?

After completing the examination, the results will be analysed and a report will be sent to the doctor who referred you.

This may take up to 3 weeks.

Pacemakers, Internal Cardiac Defibrillators (ICDs) and Warfarin

If you have a pacemaker or Internal Cardiac Defibrillator (ICD) or you take Warfarin could you please inform the Neurophysiology Department on the number below, **before** your appointment date.

What are the consequences of not having the NCS?

NCS are a well-established method of helping doctors to diagnose and treat a wide range of medical conditions. Your doctor would not have as complete a picture as required and hence your diagnosis may take longer and/or your treatment may not be the most appropriate.

Contacting Us

Staff in the department will be happy to answer any query you may have and will do their best to ensure your comfort.

Please let us know if you are unable to attend your appointment by ringing the telephone number below.

If you have any questions or concerns about the test please ring the **Neurophysiology Department** on **01392 402458**.

We welcome feedback about our service. Please tell a member of staff if you felt this service is good or otherwise.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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