



## ***Instructions for patients***

### **ENMG TEST (ELECTRONEUROMYOGRAPHY, NERVE CONDUCTION AND ELECTRICAL MUSCLE STIMULATION EXAMINATION)**

#### ***Purpose of the test***

The purpose of this test is to diagnose conditions affecting the peripheral nerves and muscles. Common reasons for having this test include sensory disorders or pain states suspected of being of nervous origin. These may include e.g. sciatica symptoms or a pinched nerve in the carpal tunnel. Other conditions that can be examined include various muscular diseases and nerve damage.

#### ***Course of the test***

The test is performed by a clinical neurophysiology specialist and takes about 30 minutes to complete. The test usually consists of two parts: examination of nerve function with small electrical pulses, and examination of electrical muscle activity with a small needle electrode.

#### ***Preparations***

If your hands and/or feet will be examined, your extremities should be warm. Please take this into account and dress appropriately, especially during the cold season. If your back and/or legs will be examined, please wear short underwear. Do not grease your skin before the test. Please bring any previous test results with you.

If you are carrier of MRSA, ESBL, VRE or other bacteria resistant to antibiotics please inform us about it when you book the time.

#### ***After the test***

The needle stick may cause bruising, which should heal in a few days / within a week. The doctor will prepare a statement on the test and send it to the doctor who referred you to the test.