

ENG (nerve examination) and how to prepare for it

ENG (electroneurography) measures the conductivity of impulses in the peripheral nerves responsible for motion and sensations. This examination is performed to diagnose some nervous system diseases, for example common entrapment syndromes.

The examination usually takes 15 to 60 minutes.

Before the examination

You can take your medication as usual before the examination. You can also eat and drink normally.

If you received a symptom map, please mark your symptoms there before the examination. Bring copies of any previous ENMG reports with you to the examination.

For a successful examination, please:

- Wash yourself carefully at home. Do not apply any lotion on your skin.
- Dress warmly for the trip, so that also your hands and feet will stay warm.
- The examination area must be bare. You can wear brief underpants and a sleeveless undershirt.

During the examination

You will be lying down on a bed during this examination. If necessary, we may need to use heat wraps on your hands and feet to warm them. Electrodes will be attached to your skin to measure the speed of conduction in the nerves. The nerves are stimulated with small electric impulses.

This examination is performed by a registered nurse or a biomedical laboratory scientist, and a physician will review the results. Based on the physician's opinion, the examination may be followed by an ENMG examination, which includes both the electric measurements and an examination of the muscles with a thin needle.

This examination has no after-effects. Some patients with chronic pain may temporarily experience more intense symptoms after the examination for about a day, but this is rare.

After the examination

You will receive the results of the examination from the doctor who treats you. If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

Other things to note

- Please let the staff know if you have a cardiac pacemaker.

Please take your Kela-card or identification with you.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come.

If you do not cancel, you will be charged a fine.

Symptom map

Date: _____

Name: _____

Social security number: _____

Height: _____

Please draw in the image the areas where you have had pain, numbness or loss of sensation during the past three months.

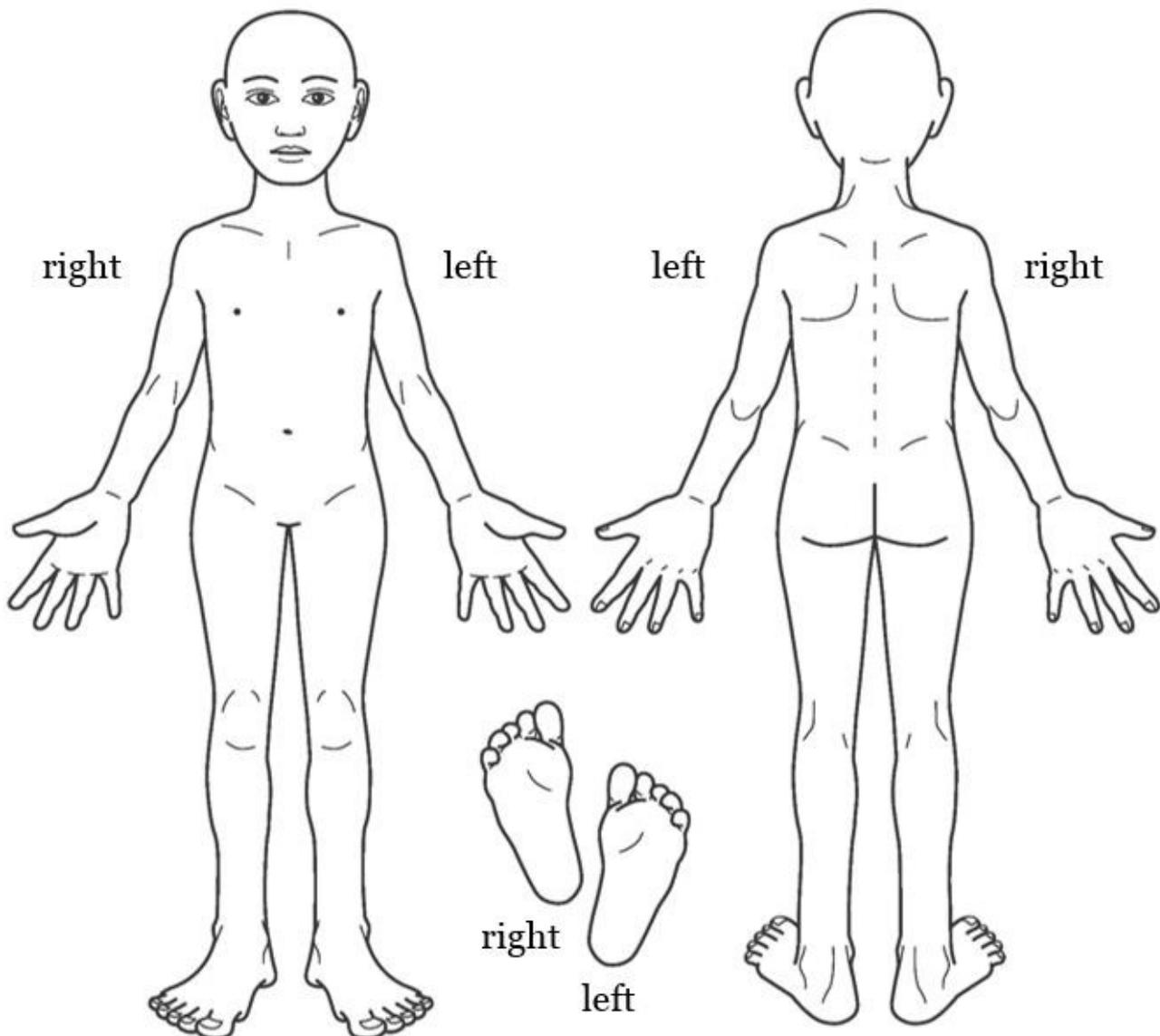
Pain = red

Numbness, tingling, stinging on skin = green

Loss of sensation = blue

Draw intense symptoms with darker colours.

Draw mild symptoms with lighter colours.



Preliminary information for neurography examination

Date of filling out the form: _____

Name: _____

Personal identity code: _____ Tel. _____

When did the symptoms begin: _____

Did the symptoms begin gradually or suddenly

If the symptoms began suddenly, what happened before they began? _____

	Yes	No
Do you experience numbness when using your limbs?		
Do you experience numbness while resting?		
Do you wake up during the night because of numbness?		
Have you ever broken your wrist or ankle?		
• Which joint?		
• When?		
Do you have diabetes or have you had elevated blood glucose levels?		
Have you been diagnosed with hyper- or hypothyroidism?		
Do you have concerns or have healthcare professionals raised concerns regarding your excessive alcohol use?		
Have you received chemotherapy?		
Do you use blood-thinning medication?		
Have you been diagnosed with a blood coagulation disorder?		
Have you been diagnosed with vitamin deficiency or vitamin malabsorption?		
Have you had an ENMG examination previously?		
• Where?		
• When?		