

ENMG (nerve and muscle examination) and how to prepare for it

ENMG (electroneuromyography) is an examination of the peripheral nervous system (sensory and motor nerves) and muscle function. The nerves are studied with electrodes attached to the skin and minor electrical impulses. If necessary, the muscle activity is registered with a thin needle. 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.
- Wear briefs for underwear.

When you arrive to the examination, please inform us if you have:

- a blood coagulation disorder
- anticoagulants in use (e.g. Marevan)
- a pacemaker
- a blood-borne disease (e.g. hepatitis B, HIV)

During the examination

Most of the time, you will be lying down and staying relaxed, but during the muscular examination, the doctor will at times ask you to tense the muscle being examined.

Generally, this examination does not cause any after-effects but passing hematoma in the puncture site, local pain, minor tissue damage, and -very rarely- an infection are possible. Some patients with chronic pain may experience transient increase in their pain intensity for about one day, however, this occurs only rarely.

Underage children cannot attend an examination performed on adults.

ENMG for children

The examination will be performed in an age-appropriate manner. An adult may accompany the child the entire time. Other children are not allowed in the examination room.

Patient Instructions

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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 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.

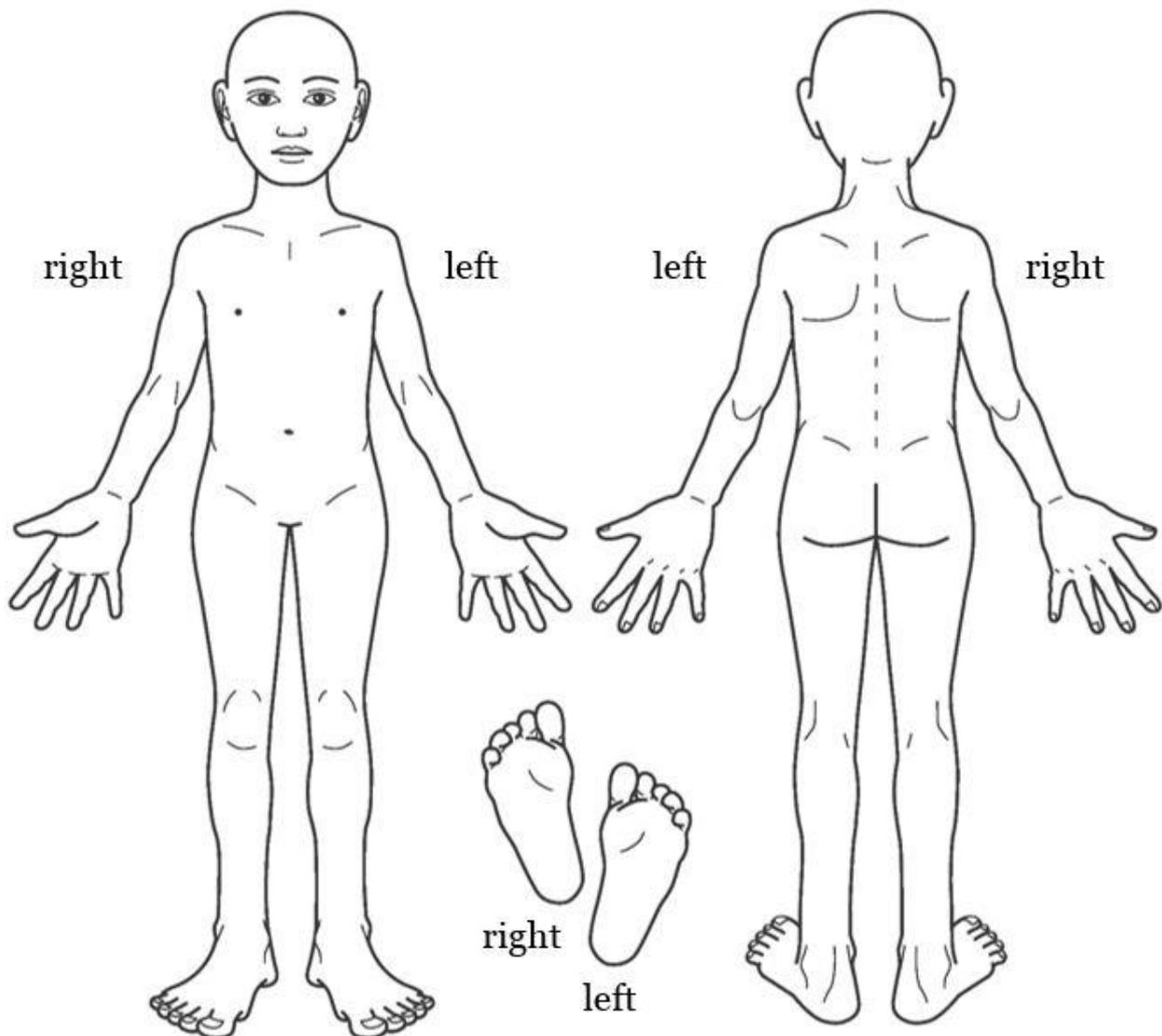
Pain = red

Numbness, tingling, stinging on skin = green

Loss of sensation = blue

Draw intense symptoms with darker colours.

Draw mild symptoms with lighter colours.





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