

At home



Wear loose clothes

**Keep your hands
and feet warm**



**Do not put on
creams**

**Do not wear
jewellery**



**Take medication as
normal**

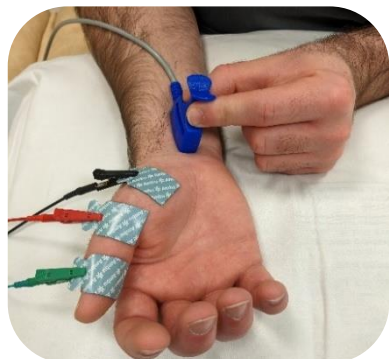
**Bring a list of
medication**

At the hospital

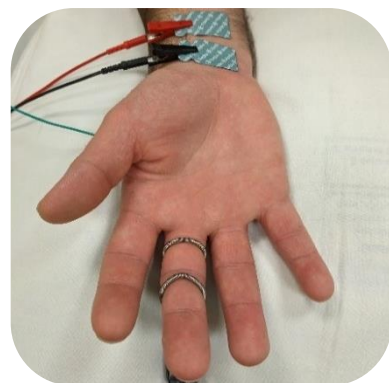


**You will sit on a
hospital couch**

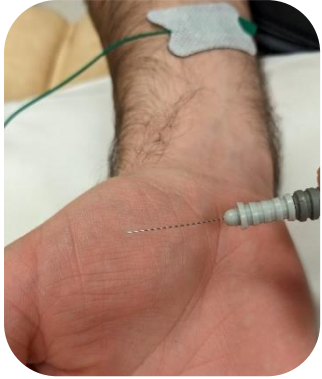
**Stickers will be put on
your hands or feet**



**During some of the test,
you will feel a strange
twitching feeling**



**During other parts of
the test, you will feel a
strange tapping feeling
from the rings on your
fingers**



If you need EMG, a very small needle will be put into your muscle

You will be asked to relax and then to move the muscle

The test will take 30 minutes to one hour

You will feel fine after the test

When the test is finished, you can go home



More information

If you have any questions, call us on **01905 733532**.

For advice and assistance with any hospital visit then call the hospital switch on **01905 763333** and ask for the learning disability support team.

NCS and EMG

NCS is a test to see how well your nerves are working.
EMG tests your muscles.

Easy Read:
Information for Children and Adults with Learning Disabilities

