

# Nerve Conduction Studies (NCS) for Carpal Tunnel Syndrome (CTS)

An information guide



# **Nerve Conduction Studies (NCS) for Carpal Tunnel Syndrome (CTS)**

## **What is Carpal Tunnel Syndrome?**

Carpal Tunnel Syndrome (CTS) is the commonest nerve entrapment condition in the population; it is due to a trapped nerve approximately in the middle of the wrist.

## **What does the test involve?**

These studies are performed by a clinical physiologist. It involves passing small electrical currents through the skin and making recordings of the natural electrical signals further down the nerve or over a muscle. This is usually done with pads attached to the skin. The electrical pulses produce a strange tingling sensation, which can be uncomfortable but should not be painful. Your muscles may have brief uncontrollable twitches.

The test takes about 20 to 30 minutes. There are no after effects and after the investigation you will be able to go home or to work. The results of the investigation need to be analysed afterwards and a full report will be sent to the doctor who referred you for the test.

## **Why do I have to come to North Manchester General Hospital?**

Nerve conduction studies are not available at the other hospital sites within Northern Care Alliance therefore, although you may have originally seen a doctor at another hospital you have been referred to **North Manchester General Hospital** for this test.

## **What preparation is needed?**

It is helpful if your hands are as warm as possible. Please avoid hand lotions or creams. **Loose fitting clothing that can be rolled up to above the elbows is very helpful.** Bracelets, watches and rings (except wedding ring/engagement rings) will need to be removed. If you are on treatment you should take your tablets at the usual time.

Please note that children/babies will not be allowed in the room where the test is being carried out therefore, if you need to bring a child with you, you must ensure that someone is with you that can supervise them.

## **Contacting us**

If you have any questions about the issues raised above, or have any other concerns, please contact the department on 0161 720 2780.

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**


**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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