

Contact Heat Evoked Potential (CHEP) examination

Purpose of the Examination

The CHEP examination is used to study the pathways that pass information about temperature sensations. The examination is used, for example, to diagnose diseases and injuries of the peripheral nervous system.

Preparing for the Examination

- You should have clean and dry hair when coming to the examination. Please do not apply any hair products. If your work includes welding, wash your hair especially carefully, as metallic dust accumulated in your hair can cause several technical disturbances during the examination.
- Try to sleep regularly during the night before the examination. If your work includes shifts, it is recommended to avoid an evening or a night shift on the day before the examination.
- Avoid taking any sleeping pills or other sedatives, as well as alcohol, 24 hours before the examination. You can take regular medication as usual, unless your attending physician has instructed otherwise. Please bring along information about all medication you are currently taking. You can eat as usual before the examination.
- Please dress so that it is easy to reveal your limbs. If necessary, you should bring along short underwear. Having clean skin is important, so wash your feet/hands/the examined area before the examination. You should not apply any lotions or make-up on the examined area.

Examination Process

The examination lasts for ten minutes per measurement, for about an hour in total. You are resting on a bed, as relaxed as possible, during the examination. Most common examined areas are the skin of your arm or leg, sometimes the skin on your face, or another area requested to be examined by the physician.

A technologist will place a small sensor on the examined area, with brief alternating temperatures from warm to hot. The temperature of the sensor will change rapidly, and it will cause very brief burning hot impulse sensations. There is no danger of burn injuries, but if you have a sensitive skin, you might experience mild irritation (redness) after the examination.

The potential caused by the heated stimulus by your sensory system is recorded with surface electrodes, which are attached with a water-soluble paste on the skin of your head.

After the Examination

Possible residue from the paste will be washed away when you next wash your hair. A clinical neurophysiologist will analyse the examination and write a report. The report is directed to the clinic that ordered the examination. They will inform you of the examination results and any possible follow-ups.