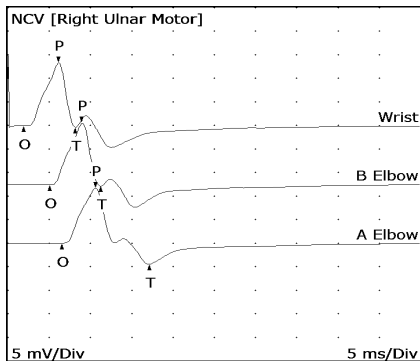


What Are These Tests?

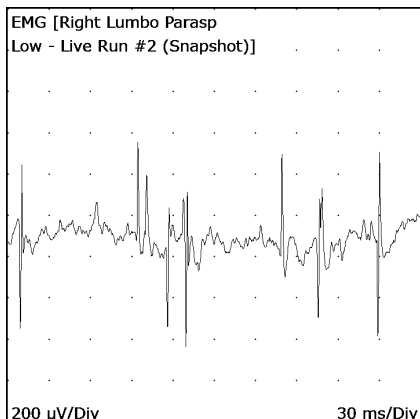
Electromyography (**EMG**) & nerve conduction studies (**NCS**) are tests that measure muscle & nerve function. In most cases, both tests are performed. NCS is most often done first.

During NCS, mild electrical currents are applied to the skin on some parts of your body. This is done to see how quickly impulses travel in nerves. The EMG assesses muscle function. To do this, a fine needle is placed under your skin into the muscle being tested. This is repeated on other muscles. The needle allows the electrical activity in your muscles to be measured. No electrical currents are applied with the needle.

During each test, wavy lines (waveforms) appear on the computer screen. These lines show how well your nerves and muscles function. These waveforms help to determine your test results.



NCS Waveforms



EMG Waveforms

Test Tips

Prepare for the test as instructed. Be sure to:

- Shower or bathe, but don't use any lotion, oil, or powder.
- Wear loose clothing. You may be asked to put on a gown or shorts.
- Take your routine medications unless advised not to.

Notes:

My Appointment:

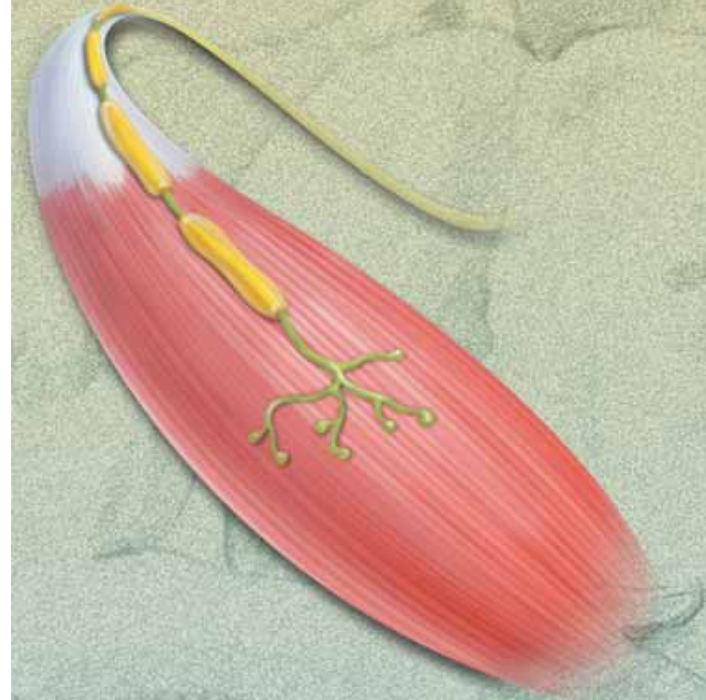
Date:

Time:

Place:

Phone:

Electromyography and Nerve Conduction Studies



**Testing Your Muscle
and Nerve Function**

Before Your Test

Prepare for your test as instructed. Shower or bathe, but do not use powder, oil or lotion. Your skin should be clean & free of excess oil. Wear loose fitting clothing. Be aware that you may be asked to change into a hospital gown or to wear shorts. The entire test will take between 1 to 2 hours, depending on how many extremities are tested. Be sure to allow extra time to check in.



Don't use lotion, oil or powder after you shower or bathe.

Let Your Electromyographer Know

For your safety & for the success of you test, tell your doctor or electromyographer if you:

- Have any bleeding problems
- Take blood thinners (anticoagulants) or other medications, including aspirin
- Have any immune system problems
- Have had any neck or back surgery

You may also be asked questions about your health & have a neurological examination.

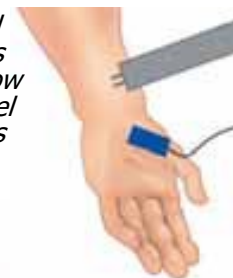
During Your Test

You will be asked to lie on an exam table with a blanket over you. You may have one or both of the following:

NERVE CONDUCTION STUDY (NCS)

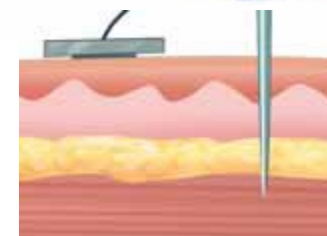
Small metal or adhesive discs (electrodes) will be placed on your skin over nerves. The electromyographer will then apply mild electrical currents to your skin. Your muscles may twitch. The test will not harm you. Currents may then be applied to the same area again. The electrodes may then be moved to another area of your body and electrical currents applied again.

During NCS, mild electrical currents are used to test how fast impulses travel along your nerves



ELECTROMYOGRAPHY (EMG)

Most of the electrodes will be removed for the EMG. The electromyographer will cleanse the area being tested with alcohol. A fine needle will be inserted into the muscles in this region. When the needle is inserted, you may feel as if your skin is being pinched. Try to relax & do as instructed. The needle may be moved while in your muscle. Multiple muscles may be tested.



During EMG, a fine needle is inserted into your muscle through you skin

After Your Test

Before you leave, all electrodes will be removed. You can then get right back to your normal routine. If you feel tired or have some discomfort, take it easy. If you were told to stop taking any medications for your test, ask when you can start taking them again. Your doctor will let you know when your test results are ready.

