

ELECTROMYOGRAPHY (EMG/NCS) PATIENT INSTRUCTIONS

EMG/NCS studies are used to diagnose disorders of nerves and muscles. The procedure takes approximately 45 minutes to complete.

PART I: Nerve conduction study: This part of the study is performed with the patient resting comfortably on an exam table. A stimulator is held against the skin of the arm or leg and sends a small, brief, harmless electrical shock along a nerve. Recording electrodes are taped to the skin to detect the electrical signal. The health of the nerve is evaluated by recording how fast the electrical impulse travels through it.

PART II: Electromyography: This part of the study analyzes the electrical firing patterns of various muscles which will be displayed on a computer screen. The test involves inserting small, fine needle electrodes into various muscles to record their electrical firing patterns. When a nerve going to a muscle is injured or if the muscle itself is diseased, the electrical firing pattern of that muscle changes.

GENERAL INSTRUCTIONS :

1. Eat your normal meal.
2. Continue any medication you are taking unless otherwise instructed.
3. You may bathe or shower the morning of the test but **do not** use bath oils, or skin creams.
4. Please advise the doctor if you are on any prescription blood thinners.