

Electromyography/Nerve Conduction Studies (EMG/NCS)

Electromyography/nerve conduction studies (more typically referred to as just EMG) is a form of electrodiagnostic testing that is used to study nerve and muscle function. Our studies are performed by a physician with specialized training for this procedure.

The study consists of two parts, both of which are performed by the doctor. In the first part (nerve conduction study), small discs known as electrodes are taped to the skin. The nerve is then electrically stimulated to evaluate its strength and speed. In the second part (electromyography), a small wire electrode is inserted into several muscles to listen to muscle activity both at rest and while you move the muscle.

The procedure averages between 30 to 90 minutes depending on the number of extremities being tested. The physician will explain each part of the examination as it is being performed. If you have any concerns during the procedure, please alert the physician who can modify the exam as needed.

Preparation:

- There are no dietary, medication, or driving restrictions. You should continue your medications as prescribed.
- Please bathe prior to your exam to remove any oils or dirt from your skin.
- Do not apply any creams, lotions, or oils to your skin.
- Remove all jewelry from your neck, arms, or legs. You may wear face, head, or ear jewelry.
- You may choose to wear shorts or a tank top to allow for easier access to your upper arms and legs. You will be provided a gown. All of your personal possessions will remain in the room with you.
- No other persons will be in the examination room with you during the procedure. Please make arrangements for child care.

Please inform your physician and staff of the following before the procedure:

- If you have a cardiac pacemaker, defibrillator, spinal stimulator, bladder stimulator, cochlear implants, or any other implanted electrical device.
- If you have any known bleeding disorders (i.e., von Willebrand's disease, hemophilia, or low platelets).
- If you take any blood thinner medications such as Coumadin/Warfarin, Injectable Heparin or Heparin-like products, Eliquis, Xarelto, or Pradaxa.
- If you are taking a combination of anti-platelet medications, such as Brilinta or Effient along with Aspirin.
- If you are allergic to latex.