

## **EMG and NCS**

### **Why did your doctor order this study?**

Electromyography (EMG) and Nerve Conduction Studies (NCS) are used to detect problems with the nerves and muscles and can help diagnose nerve damage. The test will take about 90 minutes.

### **What can you expect?**

For the NCS, electrodes will be taped to your skin and the operator will give you a series of small electric impulses over your nerve to see how well your nerve transmits the signal. Your muscles may twitch and you may feel some tingling like you would get if you hit your “funny bone.”

For the EMG, a thin, acupuncture-like needle is inserted into your muscle to see how your muscle is working. You may feel some pressure or some brief discomfort when the needle is inserted.

### **What should you do to prepare for your test?**

- Bathe or shower the day of your study.
- **DO NOT** apply any powder, lotions, oils or creams.
- Eat as you normally would.
- Arrive early.
- Take all of your regularly scheduled medications.
- Alert your doctor if you are on any blood thinners like Coumadin or Plavix (you **SHOULD** take these as you normally would on the day of the study).
- Please alert your doctor if you have any implantable devices (pacemaker, defibrillator, spinal pumps, etc) or if you are pregnant.
- Bring in your MRIs, x-rays and other imaging studies with their reports if the examining doctor has not yet seen them.
- You can continue your normal daily routine after your study is completed. You usually **WILL NOT** need someone to drive you afterward, and you may return to work or school.

### **What can you expect after the test?**

- If you are a little sore after the study, you may wish to ice down the areas where the EMG needle was inserted.
- Drink plenty of fluids and resume your normal schedule and activities.
- You can take some Tylenol for any mild residual discomfort.
- Your doctor should be able to give you a preliminary verbal report of your results. A formal report will be faxed to your referring physician.