

## EMG/NERVE CONDUCTION STUDY

### Patient instruction:

- Please take a shower as close to appointment time as possible to remove all natural oils from your body.
- Do not use oils, lotions or powder on the day of the test.
- Please arrive 15 minutes prior to your appointment.
- Bring your insurance cards with you.
- If you are unable to keep your appointment please notify our office at least 24 – 48 hours in advance

### What is a Nerve Conduction/EMG test:

It's a study to evaluate the nerves and muscles of the body if working appropriately. Nerve conduction studies show how well the body's electrical signals are traveling through the nerves. The EMG studies are used to test your muscles. The test is uncomfortable due to using electrical signals in your nerves and needles to record muscle activities from your muscles. Most patients tolerate it well, including pediatric age groups.

The results of the test will help your doctor to take necessary steps regarding your management.

### Why am I being sent for an EMG?

An EMG has been ordered due to numbness, tingling, pain, weakness or muscle cramping you may be experiencing. The physician will perform a nerve conduction study and needle EMG.

### How long the test will take?

Usually the test will take an hour to be completed.

### How would I prepare for the test?

Please inform the doctor if you're taking aspirin or blood thinners, have a pacemaker or have a bleeding disorder. Please remember to shower as close to appointment time as possible as well as not using any lotions, oils or powders. Please do not stop taking your normal medication; this includes any type of pain medication.

