

**PLEASE GO TO THE RESTROOM PRIOR TO THIS PROCEDURE**

## **ELECTROMYOGRAPHY - NERVE CONDUCTION INSTRUCTIONS**

*Please arrive 20 minutes prior to the time of your test.*

**YOU MUST BRING THE TEST ORDER FROM YOUR DOCTOR**

*Please read all instructions thoroughly.*

**Electromyography (EMG) and Nerve Conduction Studies (NCS) help evaluate disorders of the nerves and muscles.**

### **PATIENT INSTRUCTIONS:**

- 1. Please bathe or shower prior to testing to remove oil from the skin; do not use body lotion or powder, because these make it difficult to place electrodes on the skin for the testing.**
- 2. Your EMG/NCS test will take about 60 minutes. You may resume normal activities after the study. Some bruising or aching sensation may develop at the site of needle insertion.**
- 3. Please wear or bring a loose short sleeve shirt or preferably a sleeveless T-shirt and a pair of loose-fitting shorts. This allows the physician access to the muscles for EMG testing.**
- 4. Please do not bring food or drink to your EMG appointment.**
- 5. Please do not bring children to testing appointments.**

### **IMPORTANT:**

- Tell the doctor
  - (a) if you have a *PACEMAKER* or *DEFIBRILLATOR*
  - (b) if you are taking aspirin or blood thinners (like Coumadin, Heparin, Aggrenox, Eliquis, Pradaxa, Xarelto, Plavix or non-steroidal anti-inflammatory drugs such as Advil, Aleve, Motrin, Naproxen, or Diclofenac), or if you have hemophilia or other bleeding problems.
- Please call 703-876-0800 for our answering service and ask to be connected to the office if you have an 8:00 a.m. appointment and you are running late or are unable to keep your appointment on the day of the test.

### **Nerve Conduction Studies (NCS)**

This test shows how well the body's electrical signals travel along the nerves. This is done by applying a mild electrical shock over the nerve and recording how the nerve (sensory nerve) or muscle (motor nerve) reacts to the stimulus. These shocks cause a quick, mild, tingling sensation, and may cause a small twitch of the muscle. Nerve conduction studies stimulate, but do not injure the nerves. It is normal to have some tingling sensations that may persist after the test.

### **Electromyography (EMG)**

A thin disposable needle is inserted into several muscles in order to evaluate muscle function. A new disposable needle electrode is used for each patient. There may be a small amount of discomfort when the needle is inserted. The doctor will look and listen to the electrical signals. He/she interprets these signals and writes a report which is sent to your doctor.

**If your insurance company requires an insurance referral be sure you have obtained this prior to the time of your appointment.**

**A \$100 fee is charged for all appointments missed or not cancelled 48 hours in advance.**

**EMG testing can not be performed in the office on individuals weighing over 350 pounds. Consider having your test performed at a hospital setting.**