

ELECTROMYOGRAPHY – NERVE CONDUCTION INSTRUCTIONS

Electromyography (EMG) and Nerve Conduction Studies (NCS) help evaluate disorders of the nerves and muscles. Please read all instructions thoroughly.

Important:

1. You must have your Order with you at the time of your appointment.
2. 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.

Patient instructions:

- Please arrive 20 minutes prior to the time of your test.
- **Please go to the restroom prior to this procedure.**
- 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.
- 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.
- 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.
- Please do not bring food or drink to your EMG appointment.
- Please do not bring children to testing appointments.

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 at 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 that are missed or not cancelled 48 hours in advance. EMG testing cannot be performed in the office on individuals weighing over 350 pounds, consider having your test performed at a hospital setting.