

## EMG / NCS Test

### What is and EMG / NCS Test?

An EMG/NCS is a diagnostic procedure to assess the health of the muscles and nerves. There are two parts to an EMG. The first part of the test is the Nerve Conduction Study (NCS) while the second is the Electromyography (EMG).

During the NCS, electrodes are placed on the skin while an electrical stimulator applies small electric shocks to stimulate the nerve. The speed and strength of the signal is measured at various points to assess the functionality of the nerve.

During a needle EMG, a needle electrode is inserted directly into a muscle which records the electrical activity in that muscle.

Both tests may result in some discomfort but are usually well tolerated. EMG/NCS can provide your doctor with specific information about the extent of nerve and or muscle injury and may also determine the location of the nerve injury or problems with nerve muscle signal transmission.

### How to prepare for your EMG/NCS:

- Eat a normal meal on the day of the test and continue taking any medications unless instructed otherwise
- Take a shower or bath before your exam to remove all oils from your skin
- DO NOT apply creams, lotions, oils on your arms or legs
- Try to keep your hands and feet warm before test
- Please arrive 15 minutes prior to your appointment
- If you anticipate being late for your appointment by more than 15 minutes, please call our office to reschedule
- If you need to cancel and or reschedule your appointment, please call 24-48 hours in advance to avoid a fee

### Inform your provider if you have any of the following medical conditions:

- Have a heart pacemaker, implanted defibrillator, or any other electrical medical device
- Take blood thinning medications: Aspirin, Coumadin, Plavix, Xarelto or Eliquis
- Have hemophilia, blood clotting disorder that causes prolonged bleeding

### What are the risks of EMG/NCS testing?

EMG is a low-risk procedure and complications are rare. There is a small risk of bleeding and infection where the needle electrode is inserted.

### What do I expect after my EMC/NCS test?

You may experience some muscle and temporary minor bruising where the needle electrode is inserted into your muscle. This bruising should fade in several days. If it persists, contact your primary care provider.