

## ELECTRODIAGNOSTIC TESTING

### Nerve Conduction Studies Electromyography (EMG)

#### Patient Instructions

Your doctor has referred you for electrodiagnostic testing, which includes nerve conduction studies and electromyography (EMG). These two tests are very helpful in identifying injuries and diseases that affect nerves and muscles. The test typically takes one hour to be completed. The neurologist who performs the test will reveal preliminary findings at the time of your appointment, and forward a detailed report to your referring physician in three business days. This test can provide valuable information needed to help determine the location, type, and severity of any nerve or muscle disorder. Your own physician will discuss the results with you, along with the results of other tests that you are having.

**Nerve conduction** testing is an electrical examination of your nerves in the affected area(s) of your body, which may be performed by a technician. This involves taping electrodes onto the skin and giving small electrical pulses to a nerve. Although this may result in mild discomfort, it is not usually considered painful. Measurements can then be made of how fast and how well nerves transmit messages.

**Electromyography (EMG)** evaluates the electrical activity of your muscles by inserting a fine needle electrode into the muscle. No electrical pulses or injections are given. The needle records the electrical activity that is normally present in the muscle, displays that activity on the screen and over a speaker so that the physician can see and hear it.

Please note we request that you do not apply any lotions to your arms or legs on the day of the study. Wear warm clothing. Your hands and/or feet must be warm for the test. The temperature will be measured on your hands and/or feet, and if they are not warm, we will warm them prior to the test. Bring your own shorts, if lower extremities will be tested, or paper ones will be provided. Nerve conduction tests and EMGs can be performed on patients with pacemakers or blood thinners. Please tell the medical assistant if this applies to you.