

EMG/NERVE CONDUCTION STUDIES

You have been scheduled for a test known as a **EMG/Nerve conduction study** in the office. This is a common test, which is used to diagnose disorders of the nerve roots, peripheral nerves, and muscles.

The test generally consists of two parts, although all patients may not need both. The first, the nerve conduction study, simulates the function of the nerves in your body (carrying electrical signals). This is accomplished by giving small shocks with a stimulator to various sites on your nerves, and then measuring the response of muscle movement or the transmission of the impulse down a nerve. At times this can feel a bit uncomfortable, but usually simply feels odd, like receiving a low voltage electric shock.

The second part, the electromyogram (EMG) consists of testing various muscles with a small needle to record electrical activity. There are no shocks with this, although there is some discomfort associated with being stuck with a small needle. Generally, you'll be told the results of your test immediately, and your doctor will receive a report the following day.

The test is quite safe, but it is helpful for us to know if:

- 1) You have a pacemaker or other implantable medical device
- 2) You have hemophilia, are an "easy bleeder", or are on blood thinning medications.

Please wear loose, comfortable clothes on the day of the test. You'll generally be asked to put on a gown. Please don't wear your most expensive clothes, as you may have a bit of blood spotting (like after any needle stick). **PLEASE DO NOT WEAR ANY KIND OF SKIN CREAM/LOTION-** this makes it difficult to stick electrodes to your skin and will result in a longer test. You'll be able to return to school, work, etc. immediately afterwards, and may drive home yourself. The test takes about 30-90 minutes on the average. You may take your regular medications as you always do on the day of the test.