

# Electromyography and Nerve Conduction Studies

Electromyography (EMG) is a test to help assess the health of the nerves and muscles. It is used to diagnose neuromuscular diseases for complaints of pain, weakness or tingling in certain parts of the body. These tests can also help diagnose a variety of conditions, including carpal tunnel syndrome, pinched nerves in the neck or low back, neuropathy, chronic inflammatory demyelinating polyneuropathy (CIDP), muscle disease or ALS.

The first part of the procedure is a nerve conduction study. This uses an electrode to give small electrical shocks, which feel like static electricity on the skin, in order to gather information about the function of the nerves.

The second part of the test is the EMG. This uses a small needle, about the size of an acupuncture needle, which is inserted in various muscles to give information about the nerve and muscle connection.

You will be awake during the procedure. You will be asked to complete consent forms and then change into a gown. You can keep your undergarments on.

You will receive the preliminary results of the testing immediately after the procedure. You can discuss next steps based on the results of the EMG with the doctor who ordered the test.

Any ordered imaging/procedure/medication by the neurologist will be preauthorized by the neurologist's office. Any order made by your primary care physician will need to be completed by that office.

Afterwards, you will be escorted to the check-out desk and will receive follow-up instructions and patient education materials.



## Frequently Asked Questions

### ***How long does it take?***

The studies take about one hour.

### ***Can I take my regular medication, including pain or anxiety medication prior to the test?***

Yes, you can take your regular medication prior to the procedure. Please let the physician know if you are on a blood thinner prior to the procedure. Please do not wear any lotions or extra jewelry on the day of the procedure. You may take pain medication as needed.

### ***Are there any activity restrictions after the procedure?***

There are no activity restrictions after the procedure. You may feel slight discomfort up to an hour after the procedure, but this should resolve completely.



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