

## THINGS TO KNOW BEFORE YOUR EMG/NCV APPOINTMENT

### WHAT TO DO ON THE DAY OF YOUR EMG/NCV

1. Bath/shower- Wash hands and feet thoroughly to remove excess dirt and dry, loose skin.
  2. DO NOT apply skin lotions, creams or oils the day of the study.
  3. Wear loose fitting clothing -shorts, t-shirts, and sweat pants are ideal. Please do not wear turtlenecks or collared shirts.
  4. Do not wear jewelry on the day of the procedure as it can interfere with the study.
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### ELECTROMYOGRAPHY (EMG) AND NERVE CONDUCTION VELOCITY (NCV) TEST

#### What is it?

Electromyography (EMG) is a test of a muscle's use of electrical activity. It is used to test how a muscle responds to signals from the nerves responsible for muscle movement, called motor nerves. A nerve conduction study (NCS) or nerve conduction velocity (NCV) test is a test of how well the motor nerve conducts electrical impulses.

#### Who need this procedure?

An EMG/NCV is ordered to diagnose muscle and nerve disorders such as amyotrophic lateral sclerosis (ALS), myasthenia gravis, muscular dystrophy, myotonia, neuropathies, and myopathies. An EMG/NCV is used to help make a diagnosis when the primary symptoms involve sensations such as pain, tingling, weakness, cramping and numbness.

#### How do I prepare for this procedure?

Your doctor will advise you not to take any stimulant drugs or take any medication that has a sedating effect for at least 24 hours before the test. Make sure your doctor knows of any heart conditions such as a pacemaker, which could be affected by the small electrical impulses sent to the nerve during a nerve conduction velocity (NCV) test. Also make your doctor aware if you are taking any blood thinning medication (anticoagulants) or if you have a bleeding disorder because fine needles are sometimes inserted into the muscles to test them.

#### How is the procedure performed?

You will be put into a position in which the muscle being tested is at rest, either lying down or sitting. You may feel some discomfort as a very fine needle is inserted into the muscle being tested. The needle is an electrode, which will transmit the muscle's electrical activity to a recording device. The technician will direct you to move the muscle in various ways to tighten and relax it. The muscle's response to movement and rest is recorded so your doctor can study the pattern for normal or abnormal electrical activity. If you are also having an NCV test, a very

small electrical shock is delivered to the nerve through an electrode that transmits the nerve's response to the recording device. The test takes anywhere for 30-90 minutes.

**What can I expect after the procedure?**

You may feel some soreness or notice some bruising in the muscles tested for a few days after the study. There may also be some minor bleeding around the needle insertion points for a few hours after the test. Notify your doctor if these conditions do not improve within these time frames.