

## Neurology Center of Fairfax

3020 Hamaker Court, Suite 400

Fairfax VA 22031

703-876-0800

**PLEASE GO TO THE RESTROOM PRIOR TO THIS PROCEDURE.**

### **ELECTROMYOGRAPHY / NERVE CONDUCTION PATIENT INSTRUCTIONS**

Electromyogram (EMG) and Nerve Conduction Studies (NCS) help to diagnose diseases of the nerves and muscles.

#### **Nerve Conduction Studies (NCS)**

This test shows how well the body's electrical signals travel along the nerve pathway. This is done by applying a mild electrical shock over the nerve and recording how the nerve (sensory nerve) or muscle (motor nerve) reacts to the stimulus. These shocks cause a quick, mild, tingling sensation.

#### **EMG**

For this part of the test, a recording electrode (thin disposable needle) is inserted into several muscles in order to evaluate muscle function. A new disposable needle electrode is used for each patient. There may be a small amount of discomfort when the needle is inserted. The doctor will look and listen to the electrical signals as they travel from the muscle to the EMG machine. He/she then interprets these signals.

The complete test (NCS and EMG) lasts 40 – 60 minutes. You may return to your normal activities after the test.

#### **Preparation For The Test**

You must take a bath or shower prior to the appointment in order to remove oil from your skin. **DO NOT** use body lotion or powder on the day of the test. Please bring or wear a loose fitting short sleeve shirt and a pair of loose fitting shorts for the test.

#### **IMPORTANT:**

1. **Tell the doctor if you have a *PACEMAKER* or *DEFIBRILLATOR* and if you are taking aspirin or blood thinners (like Coumadin, Heparin, Aggrenox, Pradaxa or Plavix), or if you have hemophilia or other bleeding problems.**
2. **Please call 703-876-0800, extension 1038, and leave a message if you have an 8:00 a.m. appointment and you are running late or are unable to keep your appointment at the last minute.**

**Please do not bring children to testing appointments.**

**A \$75.00 fee is charged for all appointments missed or not cancelled 24 hours in advance.**