

# Neurology Center of Salem

A Service of  SALEM REGIONAL  
MEDICAL CENTER

## EMG / NCS INSTRUCTIONS

Your doctor has ordered an Electromyography (EMG) test to be done on your muscles and nerves to see if they are working properly. Your EMG test will be performed in our office.

Test Date: \_\_\_\_\_ Time: \_\_\_\_\_

**TEST DURATION:** The average test takes approximately 60 minutes to complete.

### **HOW TO PREPARE:**

- Take a shower or bath the morning of the test to remove oils from your skin.
- Do not use body lotion or oils on the day of the test.
- Please inform your referring physician's office as well as our staff, here at Neurology Center of Salem, if you are taking aspirin, Plavix or blood thinners (such as Coumadin), or if you have a pacemaker, an implanted nerve stimulator or hemophilia.
- In cold weather, wear gloves, pants and closed toe shoes to keep your hands and feet warm before the test. Cold can affect the results of the test.
- Wear comfortable, loose fitting clothing.

### **THE TEST**

An EMG test usually consists of two parts:

**NERVE CONDUCTION STUDY (NCS):** The nerve conduction study portion of the EMG test shows how the body's electrical signals are traveling in the nerves. This is done by applying small electrical shocks to one point on the nerve and recording from another. These shocks cause a quick, mild tingling feeling, but go away quickly. The doctor or technologist may have to test several nerves.

**NEEDLE EMG:** For the needle EMG portion, a small, thin needle is inserted into the muscle. The electrical activity of the muscle is then recorded. You may be asked to contract the muscle to see how the contraction changes the activity. There may be a small amount of pain when the needle is inserted. The doctor will only examine the muscles necessary to diagnose your problem. A new needle is used for each patient and then discarded after the test.

### **AFTER THE TEST**

You may resume your normal activities after the test.