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## Electromyography (EMG) And Nerve Conduction Studies *Testing your muscle and nerve function*

Electromyography (EMG) and Nerve Conduction Studies are used to help determine whether muscle weakness or loss of sensation are caused by a peripheral nerve injury or by other underlying neurological disorders. The studies may help to determine the location of the injury, assess the severity and activity of the damage as well as prognosis for recovery, and help decide the treatment plan.

The testing usually takes 20 to 90 minutes and you may conduct all your normal activities (eating, driving, exercising) before and after the testing. Your KMC Neurologist will discuss your test results with you that day and be sure to explain all your treatment alternatives.

### **Before the test:**

- Shower or bathe, but do NOT use any lotion, oil, or powder
- Wear loose clothing. You may be asked to put on a gown.
- Take your routine medications, unless advised not to.

### **Let the Technologist Know if you:**

- Have any bleeding problems.
- Take blood thinners or other medications, including aspirin
- Have immune system problems
- Have had neck or back surgery

### **During the Test:**

You will be asked to lie on an exam table with a blanket over you. You may have one or both of the following:

#### *Nerve Conduction Study (NCS)*

Small electrodes will be attached to your skin on the testing area with a gel. The technologist will apply mild electrical currents to your skin and your muscles will twitch. The test currents will not harm you.

#### *Electromyography (EMG)*

Most of the electrodes will be removed for EMG. The doctor will clean the area being tested with alcohol. A fine needle will be inserted into the muscles in this region. When the needle is inserted you may feel as if your skin is being pinched. Try to relax and do as instructed.

### *My Appointment:*

KMC - Neurology  
2200 SW 6th Avenue  
Suite 107  
Topeka, KS 66606

**354-9300**  
**www.KMCPA.com**

Date: \_\_\_\_\_

Time: \_\_\_\_\_