

NEUROLOGY AND SLEEP MEDICINE, P.C.

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PATIENT INFORMATION: EMG

An EMG tests muscle and nerve function. EMG stands for “electromyogram.” The test may be performed in an arm, leg or both if there are concerns about muscle or nerve injury. To prepare for your test:

- Bathe before the test
- Take your usual medications
- Do not use lotion or body oil on your skin the day of the test
- Wear or bring shorts for testing on legs. Wear or bring T-shirt or tank top for testing on arms

The EMG test has two parts. The first part is nerve conduction testing. During this portion, the nerves will be stimulated by small electrical shocks. These shocks are about the same as touching a doorknob and getting a jolt. Only necessary nerves will be stimulated. The amount of electricity used is not enough to cause injury, although for a moment it may be uncomfortable. Please inform us if you have a pacemaker so that the electricity can be kept away from it.

The second part of the EMG is the needle portion. During this part a needle smaller than an acupuncture needle is placed in certain muscles. Before the EMG, please tell us if you are using a blood thinning medication. Sometimes you will be asked to move or relax a muscle. Only necessary muscles will be tested. After the test there may be some minor bruises which go away in a few days. You may go home immediately after the test is complete.

The risks of this test include bruising, bleeding and infection because of needle placement. These risks are no greater than getting an immunization or IV placed.

The doctor creating EMG results won't be able to give test results immediately after the test because all of the information will need to be reviewed. Test results will be provided to the doctor ordering the test within two working days.

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182 EMG-TESTED PATIENTS SURVEYED:

- **69%** spent less than 10 minutes in the waiting area
- **67%** felt that their nerve conduction study was less painful than expected
- **58%** felt that their EMG was less painful than expected

Survey dates : Since 2005