

EMG/Nerve Conduction Studies

Pre and Post Procedure Instructions

Pre EMG Instructions:

1. You may drive to and from the testing.
2. There are no restrictions in regards to your eating or activity before or after the testing.
3. You may take your usual medications. Please give the physician performing your examination a list of medications you are currently taking.
4. Please take off your jewelry and watches and secure them in your clothing or bag.
5. It is advisable to BATHE, SHOWER or SPONGE BATHE prior to the procedure. If possible, use mild soap only.
6. DO NOT APPLY ANY LOTION OR OINTMENTS ON YOUR SKIN ON THE DAY OF TESTING.

Post EMG/NCS Instructions

During the test, the physician will mark on your skin with a ballpoint pen to facilitate measurements. The ink wipes off easily with alcohol pads. You may ask the physician for some alcohol pads after conclusion of the examination.

You may feel some mild soreness following the examination. Should this occur, the best way to address this is to use ice over the affected area for up to 10 minutes at a time. You may repeat this every hour. Do not do this, however, if you have diabetes or have peripheral blood vessel disease. Even if you do nothing, the soreness or bruising will resolve spontaneously and completely within a few days.

Remember, this test is meant to help you and to give you answers. If you have any questions, feel free to ask the physician performing the test.