



## NEURODIAGNOSTIC LABORATORIES

### WHAT IS ELECTROMYOGRAPHY / NERVE CONDUCTION (EMG/NCS)?

An EMG measures the muscles electrical activity. A small needle will be placed into the muscle that is being tested. You will be asked to slowly contract the muscle, and the electrical activity you create will be recorded on a highly sensitive machine. An NCS measures the speed of an impulse traveling along a nerve. Two small surface electrodes are placed over a particular nerve. A series of mild electrical impulses will then be given in this area. When stimulated, the patient feels a slight tingling sensation. The time it takes for the impulse to travel from one spot to another will be recorded. A neurologist specializing in neurodiagnostic medicine evaluates the data collected.

### HOW TO PREPARE FOR YOUR EMG/NCS TEST:

Typical length of test: 30-60 minutes

- Please shower or bathe prior to the test (the sensors work best when placed on clean skin).
- Do not use lotion on hands, arms or legs prior to the test.
- You may be asked to change into a Johnny in the lab depending on which muscles / nerves are being tested.
- NSMC provides interpreters for non-English speaking patients; please inform the EMG lab whether you will need the interpreter service or if you will bring your own interpreter. Call 978-354-4333 for NSMC Salem Hospital or 781-477-3417 NSMC Union Hospital to discuss our interpreter services.
- For patients who speak English but may not be able to easily communicate their medical histories, it is advisable that a family member or friend familiar with your medical history accompanies you to the testing.
- You may experience **slight** discomfort during the procedure but should be able to resume your normal activities.

### FOLLOW UP:

Your doctor will receive a report within 4-5 days after testing and will contact you with the results.