What is an EMG?

- An electromyogram (EMG) measures the electrical activity of muscles at rest and during contraction. Nerve conduction studies measure how well and how fast the nerves can send electrical signals.

How would I prepare for an EMG?

- **PLEASE ARRIVE 15 MINS PRIOR TO EXAM TIME**
  - IF YOU ARE LATE THE EXAM YOU MAY NEED TO BE RESCHEDULED

- **PLEASE**
  - eat a meal/snack prior to your EMG exam
  - Do not smoke for 3 hours before the test.
  - Do not drink a beverage that contains caffeine (such as coffee, tea, and cola) for 2 to 3 hours before the test.
  - Wear loose-fitting clothing so your muscles and nerves can be tested. You may be given a hospital gown to wear.
  - Avoid using any creams or lotions on the day of the test.
  - If you have edema in your extremities, please wear your compression stockings, elevate above the heart and avoid salt in an attempt to decrease the swelling

Tell your doctor if you:

- Are taking any medicines. Certain medicines that act on the nervous system (such as muscle relaxants) can change electromyogram (EMG) results.

- Have had bleeding problems or take blood thinners, such as warfarin (Coumadin), aspirin or heparin.

- Have a pacemaker.

How will the exam feel?

- You may feel some pain or discomfort, but most people are able to complete the test without significant difficulty.

- Afterward, the muscle may feel tender or bruised for a few days.

- EMG/NCS has potential for adverse side effects including nerve/artery/vein injury or infection