

Having an EMG and Nerve Conduction Study

Abbotsford Regional Hospital

I am having:

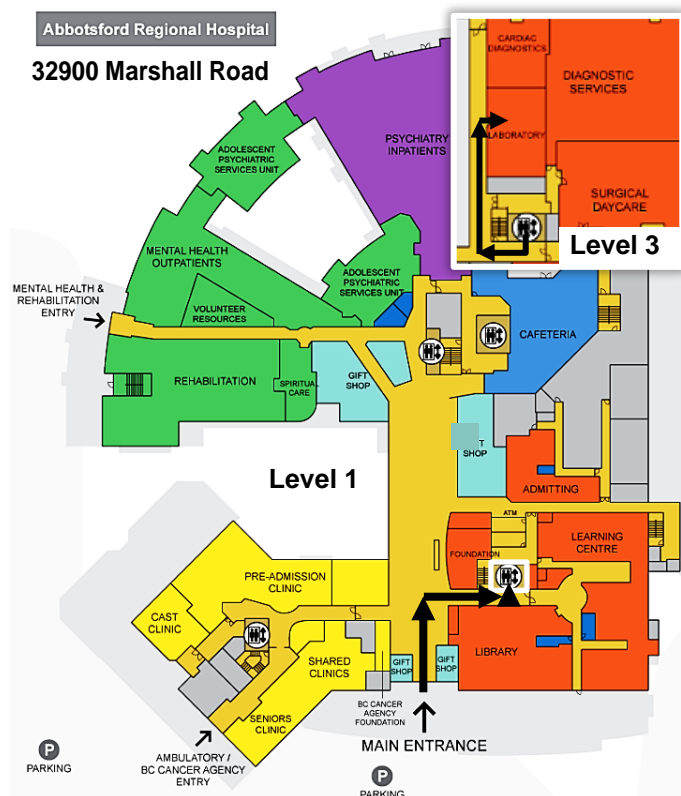
☐ EMG ☐ Nerve conduction study

My appointment date: _____

My appointment time: _____

* The doctor who ordered this test contacts you with the date and time (your neurologist).

** Please arrive 20 minutes early so you can find parking and register in Admitting.
Report to the Neurodiagnostic Department in Diagnostic Services, Level 3 Fraser Wing
Check in at the 3rd desk. Do not take a number.



If you need to reschedule, call as soon as possible to the neurologist's office that arranged the appointment.

What is an EMG?

EMG stands for electromyogram (say *ee-lek-tro-my-oh-gram*). It measures electrical activity in your muscles when they are relaxed and tightened or contracted.

What is a nerve conduction study?

The nerve conduction study records how fast electrical signals move through your nerves to the muscles.

Why are these tests done?

These tests can tell us how well your muscles and nerves are working together.

How are the tests done?

For the EMG

We put a small, thin needle, much like an acupuncture needle, into a muscle. The needle is connected to a computer where it records the muscle's electrical activity. You might feel a slight sharp poke as the needle goes into each muscle being tested. With the needle in place, we ask you to relax or tighten the muscle.

For the nerve conduction study

We place small stickers, called electrodes, on the skin over the muscle. These are connected to a computer. We send a small electrical pulse that is picked up by the electrode. We record how fast the signal gets to the muscle. The electrical pulse makes the muscle twitch. You might feel a burning, tingling sensation.

How long will it take?

It can take 30 to 60 minutes. It depends on if you are having an EMG, a nerve conduction study, or both. The movement and sensation problems you are having help decide which tests we do.

How do I prepare for the test?

- Eat meals and take medicines as you normally would.
- Remove all jewellery before you come, except for Medical Alert bracelets.
- Shower or take a bath the day of the test so that your skin is clean. Do not put on any hand or body lotion. It can affect how the electrodes work.
- Wear loose fitting clothing.
Wear a top with short sleeves.
No tights, long underwear, or pantyhose.
We might ask you to change into a hospital gown, so wear shorts or clothes and shoes that are easy to take off.
- Bring a list of all the medicines you are currently taking.
- If you do not speak or understand English well enough to have medical conversations, **please call us as soon as possible**. We can arrange for a medical interpreter. You can bring someone with you to help you communicate with us.
- Tell us if you have a pacemaker.
- Tell us if you are taking any blood thinner medicines (anticoagulants).

What happens after the test?

You might have some tenderness in the tested muscles for a few hours. This should not stop you from returning to your regular daily activities after the test.

How will I know the results?

We send a report to the doctor who ordered the test (your neurologist) and your family doctor after our nerve specialist doctor (our neurologist) looks at the recordings.

The technologist doing the test cannot tell you anything about what is seen on the recordings. Often our neurologist is available to tell you the results before you leave.

What if I have questions?

If you have questions about this test, please call us at 604-851-4853.

If you have questions about your appointment date or time, please call the office of the doctor who arranged the appointment (your neurologist).

If you need to cancel on the day of the appointment, call 604-851-4853.