



## EMG/NCS Test: Patient Education

### What is an EMG/NCS Test?

**Electromyography (EMG)** and **Nerve Conduction Studies (NCS)** are tests used to view and send electrical signals. During an EMG, a needle is inserted directly into a muscle, which records the electrical activity in that muscle. The signals from this test can tell us about the extent of muscle injuries as well as their location. **Nerve Conductions Studies (NCS)** are very similar and they cause your arm/leg to jump via signals from an electrode placed on your skin. EMG/NCS testing may result in some discomfort, but is usually well tolerated.

### How to prepare for your EMG /NCS test

- Eat your normal meal on the day of the test and continue any medication you are taking unless otherwise instructed.
- If possible, take a shower or bath before your exam in order to remove oils from your skin.
- Do not apply creams/ lotions/ oils on hands, arms, legs and feet.
- Remove all jewelry (rings or bracelets) and wristwatch.
- Please wear loose clothing around the part of the body we are testing so that we can roll the clothing up. Otherwise, we will have you wear a gown.
- The test will not affect your ability to drive, so there is no need to have someone drive you to and from the test unless this is what you usually do for transportation.

### What are the risks of EMG /NCS testing?

EMG is a low risk procedure, and complications are rare. There is a small risk of bleeding and infection where the needle electrode is inserted.

### What do I expect after an EMG/NCS test?

You may experience some muscle soreness and temporary minor bruising where the need electrode is inserted into your muscle. This is normal, and the bruising should fade in several days. If it persists, contact your primary care doctor.