

Pre-Test Instructions for EMG

WHAT IS AN EMG?

An EMG is short for electromyography and is a procedure used for recording the electrical activity produced by the skeletal muscles. An EMG works by measuring the electrical potential made by your muscle when it is activated either electrically or neurologically. In total, it takes about an hour to complete. You were ordered an EMG because you have numbness, tingling, pain, weakness, or muscle cramping. The results from this test will help the doctor with your diagnosis and treatment.

PATIENT PREPARATION - YOU MUST FOLLOW THESE INSTRUCTIONS:

Please follow these instructions to prepare for the procedure:

- Tell the EMG technician or doctor if you are taking aspirin, blood thinners (like Coumadin), have a pacemaker, or have hemophilia.
- Take a bath or shower beforehand to remove oil from your skin.
- Do not use body lotion or anything like the sort on the day of the test.
- If you have myasthenia gravis, ask the doctor if you should take any medications before the test.
- You do not have to fast; you may eat and drink as normal.
- If the EMG will be on your arm(s), then please wear or bring a short sleeve top. If the EMG will be on your leg(s), then please wear or bring shorts.

WHAT TO EXPECT - THE TESTING PROCEDURE:

For this test, a small, thin needle will be put to your muscles to see if there are any problems. The doctor will only test the necessary muscles to decide what is wrong. A new needle will be used for each patient and will be thrown away after the test. There may be a small amount of discomfort during the placement of the needle, but rest assured it will be very minimal. Electrical signals will travel from the needle to the EMG machine. These signals will be recorded and reviewed by the doctor.

Another portion of the test will look at evoked potentials. This portion of the procedure is completely painless as it checks the nerve pathways through the spinal cord or from the eyes to ears. The signals for evoked potentials can come from small, painless electrical shocks, light pulses, or sound clicks in the ears.

Please call if you have any questions regarding the test in general. Your cooperation in following these instructions is greatly appreciated and will aid your physician in the diagnosis of your problem.

If it is necessary to cancel or change your appointment, please call at least 24 hours in advance. Failure to cancel your appointment with at least 24 hours notice or failure to show up to your appointment on time will result in a \$75 fee charged to you.