

## Why do I need an EMG?

You are going to the EMG lab because of one or more of the following problems:

- Numbness
- Tingling
- Pain
- Weakness
- Muscle cramping

Some of the tests that the EMG doctor may use to diagnose your problems are nerve conduction velocity studies (NCVs) and EMGs.

## What are these tests?

### Nerve Conduction Velocity Studies

NCVs show how well the body's electrical signals are traveling to a nerve. This is done by giving small electric pulses to the nerve and recording how the nerve



works. These pulses cause a quick, mild, tingling feeling. The doctor may test several nerves.

### Needle EMG (Electromyography)

For this part of the exam, a small, thin needle is inserted into several muscles to find any problems.

A new needle is used for each patient, and it is thrown away after the test.

You may experience a small amount of pain like a pin prick when the needle is put in. The doctor examines only the muscles necessary to determine what is wrong.

### How long will these tests take?

The tests usually take 60 to 90 minutes.

### What do I need to do?

#### How should I prepare for the tests?

Take a bath or shower to remove oil from your skin. Do not use body lotion on the day of the test. You can do any of your normal activities before and after the tests, like:

- Eating
- Driving
- Exercising

## Special Instructions

If you have myasthenia gravis, contact the neurology clinic at (708) 202-2986 for special instructions.

Tell the EMG doctor if you:

- Are taking aspirin or blood thinners (like Coumadin®)
- Have a pacemaker
- Have hemophilia
- Have HIV or AIDS

## When will I know the test results?

Check with the doctor who ordered the test in two to three weeks.

Your EMG test is scheduled for \_\_\_\_\_ at \_\_\_\_\_.

Location:

Building 228, Room 5018J.

If you have any questions or cannot keep your appointment, call us at:

(708) 202-2282



Approved April 2005 by  
Patient Health Education Committee

# About Your Electromyography (EMG) and Nerve Conduction Velocity (NCV) Test

Physical Medicine and  
Rehabilitation Service



Hines VA Hospital