

## Why am I being sent for an EMG?

Patients are referred to EMG London for numbness, tingling, pain, weakness and/or muscle cramping. The EMG test is to rule out nerve and muscle problems. The Electromyography (EMG) test is composed of two components: The Nerve Conduction Study (NCSs) and the Needle Examination.



## Nerve Conduction Study

Nerve Conduction Studies (NCSs) are done to show how well the electrical signals are travelling along the nerves. This is done by applying small electrical shocks directly to the nerve. These shocks cause a quick, mild, tingling feeling and are generally considered not very painful.

## Needle Examination

The Needle Examination consists of inserting a small, thin needle into muscles to determine if there are any problems.

## How long will the EMG take?

The EMG test takes anywhere from 20-90 minutes.

## What should I expect following the EMG?

You can resume normal activities once your test has been completed. You may notice pain over the area where the needle was inserted for 2-3 days.

## How should I prepare for the EMG test?

Please notify the EMG technologist if you have a pacemaker, have been diagnosed with a blood disorder or if you are taking aspirin or blood thinners.

Prior to your EMG test, do not apply any lotion or oil to the skin. If your EMG test is on your lower extremities, please wear or bring shorts to your appointment.

## When will I receive my test results?

Once your test is completed, the doctor will discuss the results and treatment options with you. A final report will be faxed to your family physician within 48 hours.