**Neurocare**

**EMG (Electromyography) and Nerve Conduction Studies (NCV)**

EMG/NCV is a test to assist in diagnosing diseases of the nerves and muscles. It is a recording of electrical activity in muscles. EMG can help discover the cause of muscle weakness, spasms, paralysis, or pain in the arms, legs, hands, or face. It determines if the problem involves the spinal cord, nerves, muscles, or the nerve-muscle junction. Pain, numbness, and muscle weakness are the most common complaints that call for EMG.

The first part of this test is called a nerve conduction study. This part of the test evaluates the health of the peripheral nerve. Recording electrodes will be taped on your skin and an electrical impulse is sent through the nerves. You will feel a tingle, but this tiny shock is not harmful. The second part is the EMG where a tiny, disposable needle is inserted into the muscle; a recording is made at rest and when the muscle is contracted. The whole procedure takes about 20 to 40 minutes.

PLEASE NOTE: When you arrive for the test, be sure to tell the physician if you:

* are taking blood thinners
* are highly susceptible to infections
* bruise easily
* have a pacemaker
* have a history of hepatitis or HIV

To prepare for the test:

* Eat your normal meals.
* Take your normal medications.
* Bathe or shower the morning of the exam. DO NOT use any bath oils, lotions, or creams.