

*****Wear or bring shorts or a skirt and a short sleeve shirt to wear during the test*****



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HOW TO PREPARE FOR THE EMG/NCS

- **Do not apply** any lotion or makeup on the day of the exam as the oils can interfere with the results. Take a bath or shower the day of the test to remove any oils.
- If you are taking and blood thinner medications (such as Coumadin), or have a history of bleeding problems, talk to the physician **PRIOR** to the test. If you have a **PACEMAKER**, please inform the physician prior to the test as it could be affected by the small electrical impulse.
- The room may be cool. Bring a light blanket with you to use during the test.

NERVE CONDUCTION STUDIES (NCS)

Nerve conduction studies measure how well and how fast the nerves can send electrical signals. Nerves control the muscles in the body by electrical signals and these impulses make the muscles react in specific ways. NCS can aid in locating damage to the nervous system, which includes the nerves that lead away from the brain and spinal cord and the smaller nerves that branch out from those nerves as well as the junctions between the nerves and muscles. NCS is performed by placing the electrode on the affected arm or leg. Then a small amount of current is applied to measure the electrical signals. You may feel a little shock sensation. NCS is performed by a doctor or trained technologist.

ELECTROMYOGRAM (EMG)

An (EMG) measures the electrical activity of muscles at rest and during contraction. For this part of the test, a small, thin needle electrode is inserted into several muscles to look for diseases that damage muscle tissue or nerves. EMG is performed by a doctor who is specialized in this field. The doctor will look at and listen to the signals that travel from the electrode to the EMG machine.

WHAT TO EXPECT

The test usually takes from one (1) to two (2) hours. You can do any of your regular activities such as eating, driving, and exercising before and after the test. There are no lasting side effects. You may feel some discomfort or experience some minor bleeding at the site of the electrode insertion points during the test.