

## EMG/NCS Testing Electromyogram / Nerve Conduction Study

EMG/NCS testing is used to evaluate the function of the nerves - how well and how fast the nerves send electrical signals to the spine.

**Why am I having this test?** The test is used to help diagnose the cause of back or neck pain, numbness/tingling, and muscle weakness. Carpal tunnel syndrome, for example, is often diagnosed this way.

**What can I expect?** Testing is performed by applying small electrodes to your skin on the area(s) that are being tested - which can be one or both arms and/or legs. An electrical shock is delivered to the nerve to determine how quickly the nerve responds to the stimulus and how quickly information travels from one point to another. The shock feels similar to a rubber band snapping.

**Who performs the test?** The NCS portion is conducted by a Certified Nerve Conduction Technologist (CNCT) and the EMG portion is completed by one of our board certified neurologists. EMG testing can only be performed by a neurologist or physiatrist.

**How long will it take?** Expect to be in our office for 1½ to 2 hours for check in, testing and check out.

**How do I prepare for test?** In order for the electrodes to stick properly, PLEASE DO NOT APPLY ANY LOTIONS, SKIN MOISTURIZERS, OILS, OR VASELINE TO YOUR SKIN prior to testing. You may take medications as prescribed and eat/drink like normal. You do not need anyone to accompany or drive you; if you choose to have someone accompany you, they may enter the testing room with your approval, or wait in the waiting area. Please make prior arrangements for childcare as we don't recommend children be in the testing room for their safety as well as yours.

**How do I get results?** The neurologist performing the test will prepare a detailed report to submit to your referring doctor within 3 business days. Your doctor will use this report along with his knowledge of your symptoms and history in order to determine the next step in your care plan.

**What does it cost?** Insurance coverage of testing varies; it may be covered under your office visit co-pay. Our business office will contact you prior to your appointment to give you a cost estimate so you can be prepared to pay for the testing when you check in for your appointment.

**If you have any questions concerning your test, please contact us via the patient portal (a link is available at the top of our webpage) or call us at 817-267-6290.**