

Neurology & Movement Center of Texas

Pre-Test Instructions for EMG & Nerve Conduction Study

WHAT IS AN EMG?

An EMG (electromyography) is a procedure used to record the electrical activity produced by skeletal muscles. The test measures electrical signals generated by muscle activation, either neurologically or electrically. The study typically takes about 30–60 minutes. You may have been referred for EMG due to numbness, tingling, pain, weakness, or muscle cramping. Results assist your physician in diagnosis and treatment planning.

PATIENT PREPARATION – YOU MUST FOLLOW THESE INSTRUCTIONS:

- Inform the physician if you are taking blood thinners (such as Coumadin or aspirin), have a pacemaker, or have a bleeding disorder.
- Take a bath or shower beforehand to remove oils from your skin.
- Do NOT apply lotion, creams, or oils on the day of the test.
- If you have myasthenia gravis, ask your physician whether to take medications before the test.
- You do not need to fast; you may eat and drink normally.
- If testing will involve your arms, wear or bring a short-sleeve shirt. If testing involves your legs, wear or bring shorts.

WHAT TO EXPECT – THE TESTING PROCEDURE:

During EMG testing, a small, thin needle electrode will be inserted into selected muscles to evaluate electrical activity. Only necessary muscles will be examined. A sterile, single-use needle is used and safely discarded after each patient. Mild discomfort may occur but is generally well tolerated.

Nerve conduction studies involve small electrical pulses delivered through surface electrodes to assess how well nerves transmit signals. This portion may cause brief, mild sensations but is not harmful.

IMPORTANT INFORMATION:

If you need to cancel or reschedule your appointment, please provide at least 24 hours' notice. Failure to cancel within 24 hours or failure to attend your appointment may result in a cancellation fee.

If you have any questions regarding your EMG or nerve conduction study, please contact our office at 832-957-0149.