

**BAHAMAS NEUROLOGICAL CENTER**

**EMG/NCS**  
(ELECTROMYOGRAM/  
NERVE CONDUCTION STUDIES)

**PATIENT INSTRUCTIONS**



## **EMG/NCS PATIENT INSTRUCTION SHEET: PREPARATION FOR TESTING**

### **EMG/NCS**

This test is routinely referred to as an EMG, but it is a two part test. The two parts consists of:

1. **Nerve Conduction Studies (NCS).** This may be done by a technologist who will test the nerves using small impulses of electrical current.
2. **Electromyography (EMG).** The physician will test the muscles with a tiny needle to hear and see how the nerves are working by way of electrical signals.

Prior to having this test it is important that you notify the physician if you have a bleeding disorder, taking blood thinners, aspirin or any aspirin like medications. You should also discuss with the physician, if you have a history of back or neck surgery.

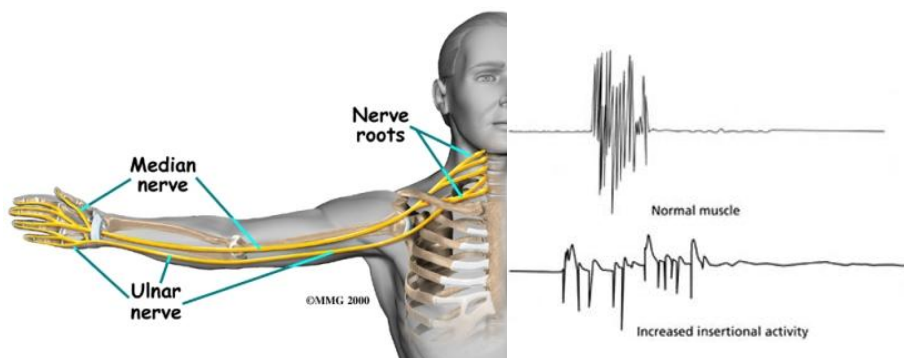
### **WHAT TO WEAR?**

On the day of the examination, after showering/bathing do not use any moisturizers (lotions or oils), powders or any creams on the area of the skin to be tested.

Patients that are experiencing discomfort in the upper extremities (*hands, arms, shoulders*) may want to wear a short sleeve shirt or blouse. This will allow easy access to the limbs for testing. If long sleeve shirts, blouses or jackets must be worn you may bring a change of clothing, or wear a tee shirt or chemise under your garment.

Patients that are experiencing discomfort in the lower extremities (*legs*) may want to wear short pants or loose fitting slacks that can be pulled up over the knees. This will allow easy access to the limbs for testing.

Should you have any further questions or concerns about this procedure, please feel free to contact our office and speak with one of our technicians.



If you are unable to keep your appointment, please call the Bahamas Neurological Center at 242.322.8763. If patients are late for their appointment, they may have to be rescheduled.

**THESE INSTRUCTIONS MUST BE FOLLOWED.**