Mankato Clinic

Neurology PATIENT INSTRUCTIONS

EMG/NCS – Electromyography/Nerve Conduction Study

Patient:_____ Appointment Date: _____Appointment Time: _____am/pm

Location: Neurology Department 2nd floor at Mankato Clinic Provider: _____
1230 East Main Street Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Neurology Department 15 minutes prior to your scheduled appointment time.
If you are unable to keep your appointment or have questions, please call 507-389-8568.

What is an EMG/NCS:

- EMG/NCS is a test that measures nerve and muscle function and can reveal nerve dysfunction, muscle dysfunction or nerve-to-muscle transmission problems.

How do I prepare for the test:

- Shower the day of the test.
- Do not apply lotion, oils or powder to the extremity/extremities being tested.
- Remove any jewelry on the extremity/extremities being tested, if possible.
- Continue to take all medications as prescribed. *Please inform the EMG assistant if you are taking any blood thinners.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their procedure appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better test outcomes.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- There are no dietary restrictions

What will happen during and after the test:

- Prior to the test, you may be asked to change into an exam gown. If your legs are being examined, you can bring a pair of loose cotton shorts to change into. You may be asked to soak your hands/feet in warm water as a more accurate result will be obtained when your hands/feet are warmed. During the test, you will lie on an exam table.
- For the NCS portion of the procedure, low voltage electrical currents are delivered to certain areas on one or more of your extremities. This measures how the impulses travel along the nerves. The information is recorded from electrodes placed on certain areas of your extremities.
- For the EMG portion of the procedure, a fine needle electrode is inserted through the skin into the muscle being tested and is repeated on several other muscles on the extremity/extremities being examined. This allows the electrical activity in the muscles to be measured. No electrical currents are delivered with the needle.
- The procedure will take between 15 minutes and 1 hour, depending on the number of limbs being tested.
- After the test, you can resume your normal routine. You will receive the results of your EMG from the provider who ordered it for you. If you do not have a follow-up appointment, you may contact that office 5-7 days after your test to obtain the results.