



EMG/NCS Preparation



I'm Scheduled for an EMG/NCS. Now What?

» What Are an EMG and an NCS?

EMGs and NCS measure muscle and nerve response. They are often done during a single exam or visit. The EMG test uses one or more small needles inserted into the muscle to measure response. The NCS uses electrodes that issue small electric shocks to measure nerve response.

» What to Expect Pre-Exam Questions

- ▶ You'll be asked some basic medical questions in advance of your exam.

What to Wear

- ▶ Wear loose-fitting, comfortable clothing. You may be asked to put on a hospital gown, depending on the body part.
- ▶ Avoid applying body lotion or powder prior to your EMG/NCS.
- ▶ Leave your jewelry (rings, watches, earrings, etc.) at home. You'll be asked to remove them for the exam.

About the Exam

- ▶ On average, the exam takes 30-90 minutes, depending on response and body part.

** This sheet should not be considered medical advice; if you have questions, you should contact your physician or case manager.*