



EMG/NCS Procedure Preparations

EMG and NCS are electrodiagnostic tests of muscle and nerve physiology.

NCS (Nerve Conduction Study): Evaluates the speed at which impulses travel between your nerves. Mild electrical currents are applied to your skin through disposable, self-sticking electrodes in specific areas. Your muscles will twitch when current is applied, but this is not harmful.

EMG (Electromyography): Evaluates muscle function. A small, thin specially coated needle is inserted gently through your skin and into your muscle. You will feel a pinching type pain during this test, but try to relax. This test will be performed on a number of different muscles. Electrical activity within your muscles is individually recorded.

- **Before your test:** Do not use lotions, powders or oils. Your skin should be clean and free of excess oil. Wear loose-fitting clothes. You may be asked to change into a hospital gown. Note: You may continue all of your current medications, including blood thinners.
- **Length of test:** Approximately 30-60 minutes.
- **During your test:** You will be asked to lay on an exam table or sit reclined in a chair. You will be offered a blanket for comfort and/or privacy.
- **After your test:** You may resume your normal activities. Ask your doctor when you can start taking any medications that were stopped prior to this test.

Each test produces various waveforms that Dr. Jochims will evaluate to determine the health of your muscle and nerves. Dr. Jochims will communicate these findings to both you and your referring doctor.

Precautions: For your personal safety, please let the doctor know if you:

- Have a history of bleeding problems
- Take blood thinners (anticoagulants) or aspirin
- Have immune system problems
- Have had neck or back surgery

My appointment with: **Neurological Wellness Clinic, (262) 522-3070**

Procedure: EMG/NCS

Ordered by: Dr. Sean A. Jochims

Name: _____

Date: _____ **Time:** _____ PM / AM

Location:

- 2347 Silvernail Road – Pewaukee (Waukesha)**
- 1500 Walnut Ridge Dr. – Hartland (ProHealth Care Medical Center)**
- 240 W. Maple Ave. – Mukwonago (ProHealth Care Medical Center)**