

## **Electrodiagnostic Testing:**

Electrodiagnostic testing is an extremely valuable tool that provides vital information about the health of your nerves and muscles and is helpful in the evaluation of weakness, numbness, pain and symptoms such as fatigue, cramps, and abnormal sensation. This test is performed by a physician who has had special training to perform such a procedure.

## **On The Day of Your Test:**

- Bath or shower to remove excess body oils
- Do not use any oils, lotions or creams as these can interfere with your test
- Wear loose, comfortable clothing but be aware that you may have to change into a hospital gown
- Be sure to inform the physician if you are taking blood thinning medication such as Coumadin, have hemophilia or a cardiac pacemaker
- There are no meal or activity restrictions before or after the test

## **About The Test:**

**Nerve Conduction Studies:** To perform this test the physician tapes small metal electrodes to the surface of your skin and applies an electrical pulse to one portion of the nerve being tested.

**EMG (Electromyographic):** A sterile fine “acupuncture-like” needle electrode is gently inserted into the muscle. Needle insertion may cause mild temporary discomfort. The needle is not used for injections and no shocks are given. The needle itself serves as a small microphone that allows the physician to detect if there may be abnormalities

The study takes approximately 60-90 minutes

## **After The test:**

- You may return to your normal routine immediately
- The results are sent directly to the referring physician