

NERVE CONDUCTION/ ELECTROMYOGRAPHY

Preparing For Your Visit

Welcome! We are happy that your physician has chosen us to help with your needs. Please let us know, in advance, any special needs you may have.

What is the NCV/EMG test and why is it performed?

NCV stands for Nerve Conduction Velocity. The NCV diagnostic exam evaluates motor and sensory nerve function throughout the body. The Electromyography (EMG) test records electrical signals generated by a muscle when it contracts and localizes abnormalities or nerve damage.

Doctors often order these electrodiagnostic studies to evaluate radiculopathy or pinched nerves in the neck or lower back, arm and leg pain, and numbness / weakness of the extremities. NCV and EMG studies help evaluate problems such as carpal tunnel syndrome and nerve disease or polyneuropathy which can be caused by diabetes.

What to do on the day of your study:

- Wear comfortable loose fitting pants if a lower NCV/EMG is to be done.
- Please wash your skin on the day of your study and avoid oils, creams, and skin lotions, as these can make it difficult to perform the test.
- Bring a list of medications that you normally take with dosages included.
- Bring your driver's license and insurance card.
- Take all of your medications as normal, unless otherwise instructed by your physician.
- Tell your doctor if you are taking anticoagulant medication or have a cardiac defibrillator or pacemaker.

What to expect:

- Upon arrival, you will need to complete a brief questionnaire.
- One of our caring staff will measure and then place electrodes (small wires) on your arms, hands, or legs. The nerve is stimulated with a tiny electrical current to evaluate the function of motor and sensory nerves.
- For the EMG test, your doctor will insert a very small needle slightly under the skin and into specific muscles. This portion is very short, taking less than a minute or two and evaluates the function of the nerve fibers in muscles.



How will the test feel?

- The EMG and NCV studies are considered mildly uncomfortable.
- You will feel a brief snapping sensation on the skin that is only momentary during the NCV test.
- The impulse may feel like a mild electric shock. The sensation feels different to everyone. It may be uncomfortable to you; however you should feel no pain once the test is finished.
- Often the nerve conduction test is followed by electromyography (EMG) which involves needles being placed into the muscle and you contracting that muscle. This can be uncomfortable during the test, and you may feel muscle soreness at the site of the needles afterwards as well.

Every effort is made by Dr. Bidgoli and his staff to make you feel as relaxed and comfortable as possible. Dr. Bidgoli will take his time during the study and answer any questions that you have regarding the procedure.

Nearly all patients tested tolerate the procedure well and feel that it was not as bad as they expected.

If you have any questions regarding your upcoming study, please call 972-506-7800.

Appointment Date: _____ Appointment Time: _____ Location: _____