

## **EMG and nerve conduction studies: what are they?**

This information brochure is designed to explain these procedures and answer any questions that you might have.

### **What is a Nerve Conduction Study?**

A Nerve Conduction Study, or NCS, is a commonly performed test designed to give information about diseases and injuries to nerves and muscles. It involves having small electrical impulses applied to the skin over the nerves. These pulses will cause the muscles to contract, which is an uncomfortable but not usually painful sensation.

### **What is Electromyography?**

Electromyography, or EMG, measures the function of the muscles and the electrical connections between the nerves and the muscles. This involves putting a small needle into the muscles being tested and asking you to contract these muscles. The needle is approximately the same size as an acupuncture needle. The needles are single use disposable needles and there is no risk of transmission of blood borne diseases between patients.

### **How do I prepare for these tests?**

Your referring Doctor will explain what you need to do before the test. Unless stated otherwise by your Doctor, you should take your medications as usual. Because the electrodes and needles need to be applied directly to the skin, you should wear suitable clothing that allows access to the nerves in the area of the body being tested. When nerves in the leg, buttock, or groin area are being tested, please do not wear stockings, tights, or tight leggings.

Please do not apply moisturiser or make up to areas of your face or body to be tested by NCS.

The duration of the test can vary depending on the complexity of the procedures performed, but you should allow up to an hour for the tests. The results will be forwarded to your Doctor within one week. If surgery is planned or results are needed sooner for similar reasons, please discuss this with the staff at the Neurology Network Melbourne prior to the tests.