



Neurology
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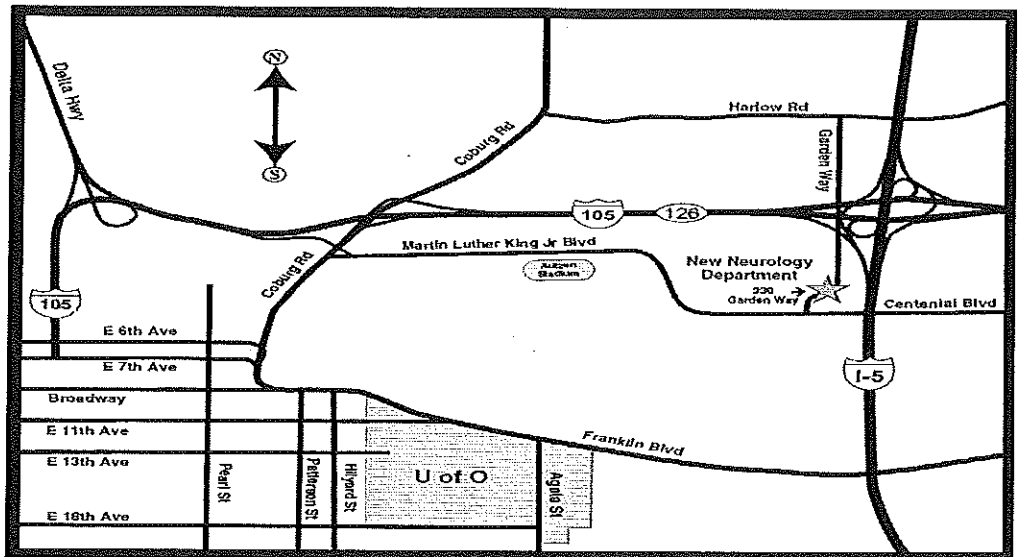
Oregon Medical Group
330 S. Garden Way, Ste 270
Eugene, OR 97401
Phone (541) 228-3400
Fax (541) 284-2937

You have been scheduled for an Electromyography Study (EMG) for _____, please check in at _____.

Enclosed is a handout with some preparation and information about the test you will be having.
Please feel free to call if you have ANY questions.

Driving directions:

From West on Hwy 126 (Veneta)
Turn Left onto Garfield St.
Turn Right onto 7th Ave.
Merge onto I-105/126
Left toward I-5/ Springfield
Take Country Club Rd Exit
Toward Coburg Rd
Turn Right onto Club Rd
Turn Right onto Martin Luther King
Go Past Autzen Stadium
Turn Left at 2nd stop light onto Garden Way
2nd building on the Left



From East on Hwy 126 (Blue River)
Take exit toward Springfield City Center
Turn Left onto Q St
Turn Left onto Pioneer Parkway W
Turn Right onto Centennial Blvd
Turn Right onto Garden Way
2nd building on the Left

From North on I-5 (Salem)
Take exit 195A (east) Beltline
Turn Right onto Gateway St
Past Gateway Mall
Turn Right onto Harlow
Turn Left onto N Garden Way
At Turnabouts take 2nd exit
Onto S Garden Way
Building will be on Right

From South on I-5 (Roseburg)
Take Exit 194A (east)
Toward Springfield
Turn Right onto Pioneer Parkway W
Turn Right onto Centennial Blvd
Turn Right onto Garden Way
2nd building on Left

DEPARTMENT OF NEUROLOGY

TEL: 541.228.3400 • FAX 541.284.2937 • 330 S. GARDEN WAY, STE 270 • EUGENE OR 97401

BEFORE YOUR TEST

Prepare for your test as instructed. Shower or bathe, but don't use powder, oil, or lotion. Your skin should be clean and free of excess oil. Wear loose clothes. Be aware that you may be asked to change into a hospital gown. The entire test will take about 1 hour. Be sure to allow extra time to check in.



Don't use lotion, oil, or powder after you shower or bathe.

LET THE TECHNOLOGIST KNOW

For your safety and for the success of your test, tell the technologist if you:

- Have any bleeding problems
- Take blood thinners (anticoagulants) or other medications, including aspirin
- Have any immune system problems
- Have had neck or back surgery

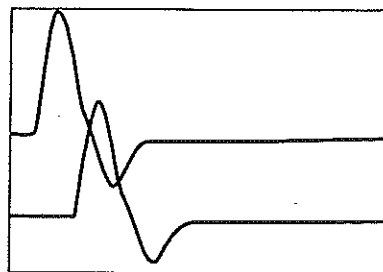
You may also be asked questions about your overall health.

WHAT ARE THESE TESTS?

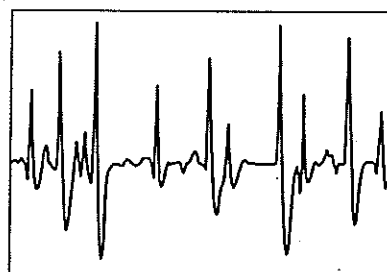
Electromyography (EMG) and nerve conduction studies (NCS) are tests that measure muscle and nerve function. In most cases, both tests are performed. NCS is most often done first.

During NCS, mild electrical currents are applied to the skin on some parts of your body. This is done to see how quickly impulses travel between nerves. EMG assesses muscle function. To do this, a fine needle is placed under your skin into the muscle being tested. This is repeated on other muscles. The needle allows the electrical activity in your muscles to be measured. No electrical currents are applied with the needle.

During each test, wavy lines (waveforms) appear on a screen or on paper. These lines show how well your nerves and muscles work. These waveforms help to determine your test results.



Waveforms produced during NCS



An EMG waveform

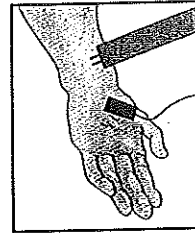
DURING YOUR TEST

You will be asked to lie on an exam table with a blanket over you. You may have one or both of the following:

NERVE CONDUCTION STUDY (NCS)

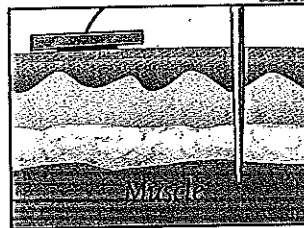
Small metal disks (electrodes) will be attached to your skin on the area of your body being tested. This will be done using water-based gel or paste. A doctor or technologist will apply mild electrical currents to your skin. Your muscles will twitch. But the test won't harm you. Currents may again be applied to the same area. Or, the test may continue on other parts of your body.

During NCS, mild electrical currents are used to test how fast impulses move along your nerves.



ELECTROMYOGRAPHY (EMG)

Most of the electrodes will be removed for EMG. The doctor will clean the area being tested with alcohol. A fine needle will be inserted into the muscles in this region. When the needle is inserted, you may feel as if your skin is being pinched. Try to relax and do as instructed.



During EMG, a fine needle is inserted into your muscle through your skin.

AFTER YOUR TEST

Before you leave, all electrodes will be removed. You can then get right back to your normal routine. If you feel tired or have some discomfort, take it easy. If you were told to stop taking any medications for your test, ask when you can start taking them again. Your doctor will let you know when your test results are ready.

