

HS PHYSICAL MEDICINE AND REHABILITATION CLINIC
ROSS A. HARDY, M.D.
DRAKE C. HARDY, M.D.

Appointment Date: _____

Time: _____

PATIENT INSTRUCTIONS FOR EMG/NCS

EMG/NCS (Electromyography and Nerve Conduction Study) Instructions:

1. You do not need a driver for the test.
2. There are no restrictions regarding your eating or activity before or after the testing.
3. You may take your usual medications.
4. Please take off your jewelry and watches prior to the test.
5. Please take a **BATH** or **SHOWER** prior to the procedure. Use soap only with no lotions or moisturizers; deodorant is allowed.
6. If you are having the lower extremities tested please **WASH YOUR FEET** and wear clean socks and shoes. If you have dirty feet, the doctor **will not** perform your test.
7. **Be sure you have no skin cream / lotion, oil, or Vaseline anywhere on your body the day of the testing! If you use Vaseline or very thick lotion, please do not apply it to your skin for a few days prior to testing.** If you have lotion, oil or Vaseline on your skin, your test will need to be rescheduled.
8. Please wear or bring loose clothing such as shorts, T-shirt, tank top or clothing that allows easier access to upper thighs and upper shoulders. If we are unable to access the sites that are needed for the test a gown or pair of shorts will be furnished.

The test is performed to evaluate nerves and muscles in your arms or legs. The test may cause mild pain or discomfort. It consists of two parts: a shock test and a pin prick test. The shock part feels somewhat like mildly hitting your "funny bone". The pin prick is done with a small acupuncture like pin. You may feel small pinpricks, usually 5 in each limb, which only last a few seconds. The test does take a significant amount of time; usually between 30-90 minutes.

If it is necessary to cancel or change your appointment, please call at least 24 hours in advance. Failure to cancel your test appointment with at least 24 hours' notice or failure to show up to your test appointment on time will result in a \$100.00 fee charged to you.

Please call (501) 525-4785 if you have any questions concerning the test in general. Your cooperation in following these instructions is greatly appreciated.