

Electromyography and Nerve Conduction Studies.



Your provider ordered an electromyography (EMG) and nerve conduction study (NCS). This is a study used to diagnose disorders of nerves, muscles, or the junction between them.

There are two components to the study:

EMG: insertion of a fine needle into different muscles and recording muscle activity when relaxing and contracting them.

NCS: mild electrical impulses of the nerves, delivered over the skin in certain areas in limbs or face. You may feel a quick, burning pain followed by a tingling feeling and a twitching of the muscle each time you receive an electrical pulse. Most patients can tolerate these stimuli.

The entire study typically takes approximately 90 minutes. Following the testing, data will be analyzed, and a report will be sent to your referring physician, who will discuss results and next steps with you.

Before the visit:

- Do not use body lotion or oils on the day of the test.
- Avoid a lot of jewelry, as this may need to be removed for testing.
- In cold weather, wear gloves, pants and closed-toed shoes to keep your hands and feet warm before the test. Use warm water if washing hands. Cold temperatures can affect the results of the test.
- No need to be fasting for this test.
- No need to hold medications, unless in certain circumstances (e.g., pyridostigmine [Mestinon] if testing was ordered for myasthenia gravis evaluation, or benzodiazepines if testing was ordered for stiff person syndrome/hyperexcitability evaluation).

At the visit:

- Please advise the doctor if you are on any prescription blood thinners.
- Please advise the doctor if you have a pacemaker or other form of stimulator.

After the visit:

- You may resume your normal activities after the test.
- You may take over-the-counter pain medications.
- After an EMG/NCS, there can be soreness/slight bruising/tingling in some areas of testing, which typically goes away over the course of 1 to 2 days or less.
- Ice packs can be applied for 15 minutes at a time after the test in sore areas.

MedStar Georgetown University Hospital EMG/NCS:
202-295-0540, Option #1

Offered at four locations:

MedStar Georgetown University Hospital
3800 Reservoir Rd., NW, PHC-7
Washington, DC 20007

MedStar Health at Chevy Chase
5454 Wisconsin Ave.,
11th Floor
Chevy Chase, MD 20815

MedStar Health at McLean
1420 Beverly Rd.
Ste. 105
McLean, VA 22101

MedStar Health at Lafayette
1133 21st St., NW
Bldg. 2, 5th Floor
Washington, DC 20036

MedStar Washington Hospital Center EMG/NCS
202-877-6314, Option #1
110 Irving St., NW, Ste. 2A44
Washington, DC, 20010

MedStar Health at Lafayette
202- 416-2000
1133 21st St., NW
Bldg. 2, 5th Floor
Washington, DC 20036

It's how we treat people.