

## Electromyography (EMG)

### What is electromyopathy (EMG)?

An EMG is a test to detect problems with nerves and muscles.

### How do you get ready for the test?

- Inform the doctor of all the medicines you take.
- If you are on blood thinners such as Coumadin®, Pradaxa®, Xarelto®, Eliquis® please let the neurologist know prior to scheduling the appointment.
- Do **not** wear any lotion, cream or oil to the visit.
- Wear loose fitting clothing.

### What is done during the test?

- The first part of the test is called a nerve conduction study. During this part of the test, stickers are placed on your skin and the nerve will be stimulated with mild electric stimulation to detect nerve responses. This measures how well the nerves send electrical signals.
- The second part of the test is the EMG. During this part of the test, a small needle is placed in the muscle. Your skin will be cleaned where the test will be done.
- The needle acts like a microphone and the neurologist will be listening to the muscle activity and watching the muscle activity on the screen.
- This test will assess several different nerves and muscles.

### What are common side effects after the test?

You may feel sore for a day or two after the test, which should resolve on its own. Sometimes you may develop a bruise. If you develop a bruise you can apply pressure for a few minutes or apply a cold pack to the area for 10 to 15 minutes.

### How do you get to your test?

If you are being seen at National Jewish Health, on the day of your scheduled test, check in at the Front Desk. If you have questions before or during your test please call 303-398-1355. Also, if you need to cancel the appointment or change the time please call.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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