

Department of Clinical Neurophysiology

Electro-Myography Information

Introduction

This leaflet has been produced to provide you with information about your Electro-myogram (EMG) and aims to answer any questions that you may have. Please do not hesitate to ask a member of staff if you have any further questions or concerns.

What is an EMG?

This is a recording of the electrical activity of your nerves and muscles.

We have been asked to do this test by your consultant.

How do I prepare for the EMG?

- You will need to wear loose fitting clothes that enable you to roll the sleeves up to the armpit or trousers above the knee.
- Please remove all bracelets, wristwatches and rings (if possible) before the test.
- Your hands and feet need to be warm for the EMG so if it is cold weather, please wear gloves and thick socks.
- Do not apply any skin lotions/moisturisers on the day of the test.
- You should have your meals and medication as normal.
- If you have a latex allergy please inform the department the day before your appointment.
- Please tell the Doctor if you take Warfarin.?
- Please contact the department prior to your appointment if you have a defibrillating pacemaker.

What will happen during the EMG?

A doctor will perform your test.

- You will be asked to sit in a chair or lie on a bed and small pads will be applied to the muscles or over the nerves of your hands or feet.
- You will then feel small electrical pulses (rather like pins and needles) as your nerves are tested. Your hand or leg muscles will briefly twitch.
- Your muscles will then be examined with a very fine needle. The small size of the needle means that it should not be too uncomfortable and feels like a small pricking sensation as the needle is inserted into the muscle.

The EMG will take around 30-60 minutes to perform.

What are the risks of an EMG?

The electrical pulses may feel a little uncomfortable but are not harmful in any way.

The muscles may feel a little sore for a short while afterwards.

There are no risks to pregnant ladies or their unborn babies.

What will happen after the EMG?

There are no after effects from this test and you will be able to return home or go to work.

When will I know the results of my EMG?

The results of the investigation need to be analysed afterwards. A report is prepared for your consultant, who should receive it in approximately two weeks. You will not get any results on the day.

Any further questions?

If after reading this leaflet you would like more information, or are still unsure about anything to do with the test, please do not hesitate to contact us at the Clinical Neurophysiology Department and speak to one of our clinical physiologists. They will be happy to help you.

Telephone: 0191 2824578 (Direct Line) between 9-5pm

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