

**Where Can You Get More Information?**

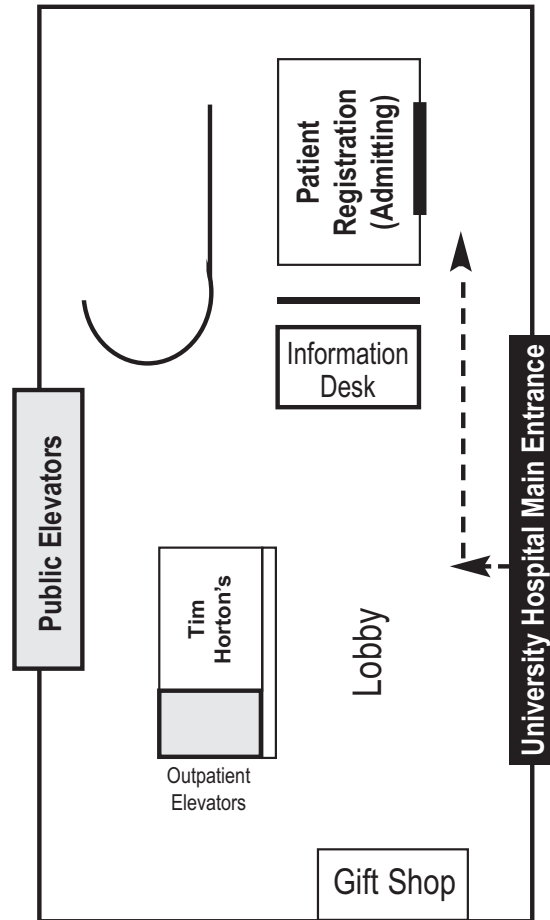
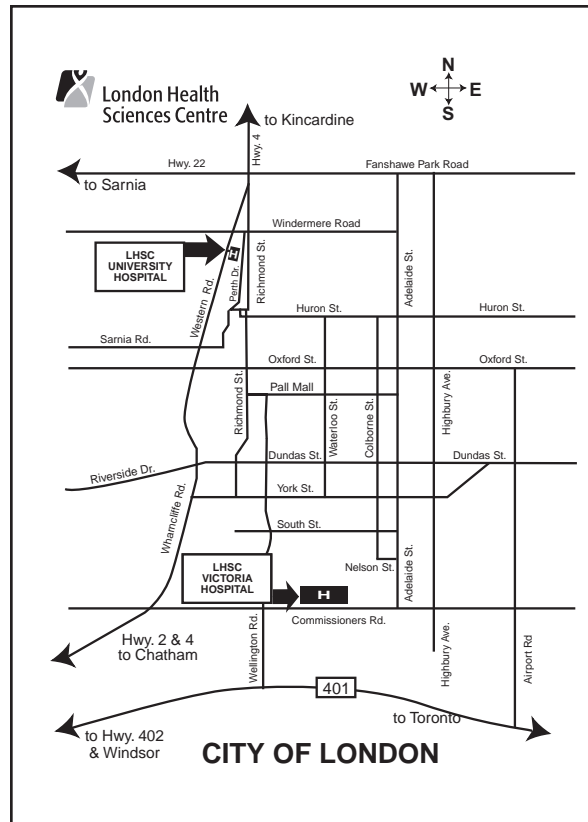
If you have any questions, please contact the

University Hospital EMG Secretary

Telephone: 1-519-663-3665

**YOU CAN DRIVE YOURSELF  
AND RETURN TO WORK  
FOLLOWING THE TEST.**

*Thank you for your cooperation.*



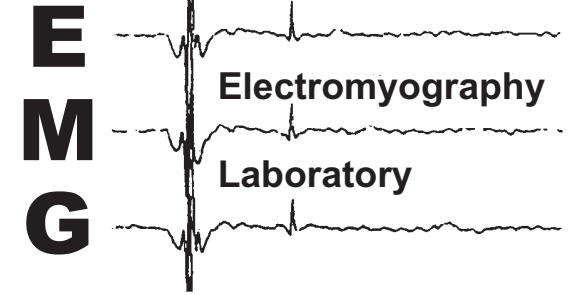
**London Health Sciences Centre**

**University Hospital**

[www.lhsc.on.ca/About\\_Us/EMG\\_Lab/](http://www.lhsc.on.ca/About_Us/EMG_Lab/)



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Dear .....

Please read the following information before your EMG test, which has been scheduled for:

Date:..... Time: .....

University Hospital

**IF YOU CANNOT COME AT THIS TIME  
PLEASE NOTIFY US AT  
Telephone 519-663-3665**

Please report directly to the 7th floor Outpatient department at least 30 minutes prior to your appointment for EMG testing. Please note, if there have been any changes to your personal information and/or health card information, you will need to report to Patient Registration located on the Main Floor, just inside the front doors of University Hospital. Then proceed afterwards to the 7th Floor Outpatient Department.

**REMEMBER TO BRING YOUR  
HEALTH CARD AND BLUE CARD.**

**What is an EMG ...**

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## What is Electromyography?

Electromyography (EMG) is the recording of electrical activity from nerves and muscles.

## Who does the testing?

Our staff includes:

- Neurologists, who have had training in the diagnosis of nerve and muscle disorders
- a Lab Coordinator
- registered EMG Technologists

One or more of these persons may see you depending on what your referring physician has requested.

## How long will this test take?

This test may take from 1 to 3 hours to complete depending on the problem. You will be asked to give a description of your problem. A clinical assessment of your muscles and nerves may be required depending on the problem.

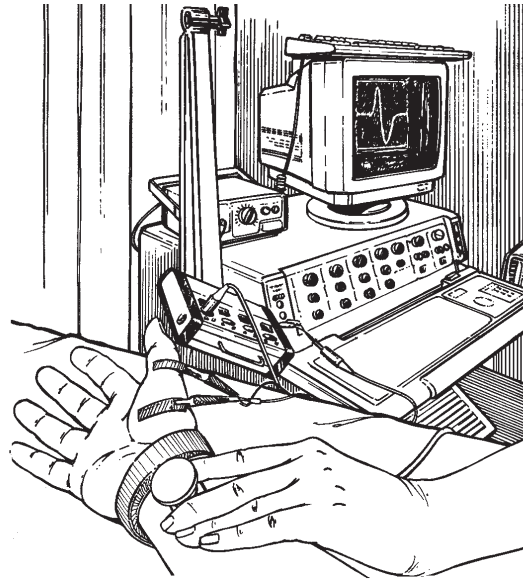
We do our very best to see patients on time. Occasionally, there are delays because of the complexity of the tests. We appreciate your patience at these times.

## What does the patient experience with this test?

A small electrical impulse travels to the nerves through a small hand-held stimulating electrode placed on your skin (see diagram on right). Each stimulation is **brief** and is **not** harmful. The stimulation may cause some muscles to twitch, or the skin in the area of the nerve to tingle.

To test muscle activity, a very thin **disposable** recording needle is placed into the muscle. The muscle's electrical activity is then recorded while at rest and during movement.

Most patients tolerate the test quite well with little or no discomfort. Importantly not everyone will require a needle examination. Children may require sedation prior to the test which will be arranged by the referring physician.



## Are there any risks or side effects?

There may be an increased tendency to bleed if you are on blood thinners (coumadin or warfarin), and if so, you should inform the examiner that you are taking such medications.

Our staff make every effort to ensure your comfort and safety.

Some patients may experience a small amount of local irritation or discomfort at the site of needle insertion. However, you will be able to drive and work following the test.

## Preparing for an EMG Test

- Please wear loose clothing that is easy to remove. Avoid wearing pantyhose, long underwear or girdles, and if possible bring gym shorts.
- Remove all rings, watches, and other jewellery except for Medic Alert bracelets.
- Please bathe before the day of the test.
- Avoid using body lotions, oils or creams on the day of the test unless medically necessary.
- Bring a list of your medications.
- Tell us if you have a history of hepatitis or other infections that could spread from one person to another.
- Tell us if you have a cardiac pacemaker or are subject to seizures or epilepsy.
- We may ask you to put on a hospital gown. This will depend on the nature of your problem and the part of your body to be tested.
- You do **not** have to stop eating or drinking before this test.
- **Because of the length of some of the tests, please use the washroom before being examined.**

## What Happens to the Results?

The Laboratory Physicians review and interpret the test information. A full report will be sent to your physician 7 to 10 days after your test.