What are EMG and NCS?
They are special tests used to detect neuromuscular disorders (nerve and muscle problems). These tests can help detect the cause of problems, such as muscle weakness, numbness, spasms, paralysis or pain. They also determine if the problem involves the nerves, muscles, spinal cord or brain.

What happens during the NCS procedure?
• You lie down.
• Recording electrodes are attached.
• Stimulating electrodes are held against your skin.
• A tiny electrical impulse is sent through your nerves and the responses are recorded. You may feel a tingling, shock or experience a twitch in the muscle.
• The stimulating electrodes are repositioned several times.

What happens during the EMG procedure?
• You lie down or sit.
• One or more very thin needle electrodes are gently inserted into the muscle.
• The muscle is tested at rest.
• The muscle is tested as it contracts.
• Other muscles are tested.

Who performs the tests?
A neurologist, a physician who specializes in nerve and muscle disorders.

Do the tests hurt?
Most people do feel some temporary discomfort; however it is usually tolerated quite well.

What happens after the tests?
Results of the EMG and Nerve Conduction Study tests are not available immediately after the test. A completed report will be sent to the physician who referred you and they will provide you with the results and further recommendations.

How do I pay for these tests?
Most health insurance plans help cover the costs of these tests. It is your responsibility to call your insurance company to see if prior authorization is required.
Your co-pay will be expected at your appointment, if not covered by your insurance.

Where do I go for the test?
The test is performed right in the Neurology Clinic. Our office is located in the Medical Office Building attached directly to Bay Area Medical Center at 3130 Shore Dr., Suite 111. Parking is located in the front, use the far right entrance.
How do I prepare for the test?
- If you are taking Coumadin or warfarin (blood thinners), please notify our clinic prior to your appointment.
- Shower the morning of the test and please avoid applying any lotions, gels, or perfumes.

What do I bring to the clinic the day of my procedure?
- Bring all of your current medications in the original bottles to your appointment.
- Current insurance card or workman’s comp information.
- Patient registration form included with this letter. Please make any corrections/additions and sign and date at the bottom.

Our clinic makes every effort to run on time. Please be aware that patients arriving 10 or more minutes after their scheduled time will need to be rescheduled.