

## Electromyography (EMG)

### *What you need to know*

*Electromyography (EMG) is a test that checks how well your nerves and muscles work. A doctor will do your EMG.*

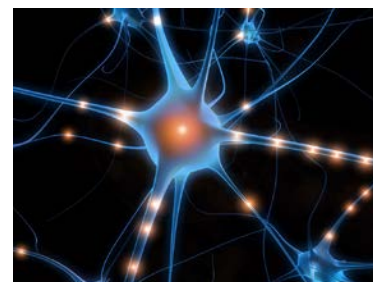
### **What is an EMG?**

An *electromyogram* (EMG) test measures how well your nerves and muscles work. If they are not working normally, then this test shows where and how serious the problem is, and it helps us find the cause. Test results will help your doctor make a diagnosis and a treatment plan.

Electromyography has 2 parts: the *nerve conduction study* and the *electrical activity measurement*.

### **Nerve Conduction Study**

The nerve conduction study measures electrical conduction across nerves and muscles. In this test, electrical stimulation is given to the nerves in parts of your arms or legs, depending on which nerves or muscles are tested. Small metal discs (*electrodes*) will be taped to the skin on other parts of your arms and legs to measure how quickly your nerves respond to the stimulation.



*The nerve conduction study stimulates the nerves in your arms or legs.*

### **Electrical Activity Measurement**

The second part of the EMG study involves inserting a small needle into a muscle to measure its electrical activity. The needle insertion may hurt.

This part of the study tests the natural electrical signals that your muscles and nerves produce. The measurements taken will show how well your nerves and muscles function.

The time needed for the study depends on how many muscles need to be examined. The entire EMG study will take about 1 to 2 hours.

### **On the Day of the Study**

- Do **not** use any lotions on your skin.
- Do not wear sandals, even if it is hot outside. Wear shoes and socks to keep your feet warm. **This is important for testing.**

- You may eat, drink, and take medicines as usual before and after the study.
- If you take medicine for *myasthenia gravis*, please call the EMG/SEP Lab at 206-598-4828 for special instructions.
- During the test, we ask family members and friends to stay in the waiting area.

## Will my insurance pay for this test?

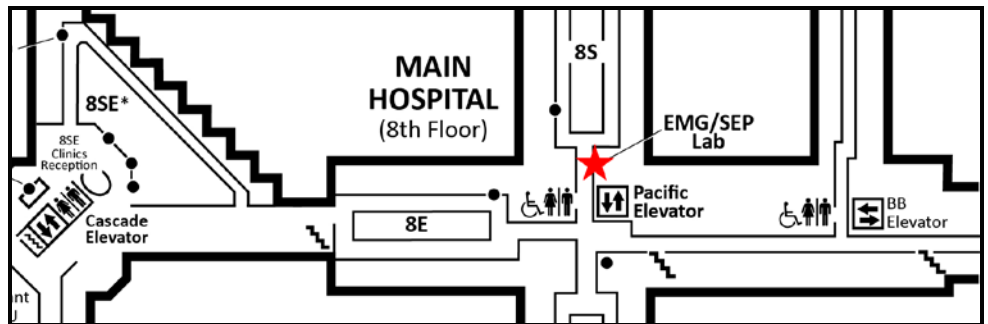
Your visit with us might require a preauthorization from your insurance carrier. Please check with your insurance company before your EMG.

## How do I get my test results?

The lab will send your results to your doctor who referred you to us. Your doctor will look at your EMG results, your health history, and other tests you have had. Then, your doctor will talk with you about your results and a treatment plan.

## Where will my EMG be done?

Your EMG will be done in the **EMG/SEP Lab**, on the 8th floor of the medical center. Take the Pacific Tower elevator to the 8th floor (see map below). Follow the signs to 8-South (EMG/SEP). Please call 206-598-4828 if you have questions about your appointment.



Your test will be in the EMG/SEP Lab, on the 8th floor of the hospital.

## How to Find UWMC

UWMC is at 1959 N.E. Pacific St., Seattle, WA 98195. For driving directions, please ask for our handout “Driving Directions and Parking.” You can also find this handout online at:

[https://healthonline.washington.edu/document/health\\_online/pdf/Driving-Directions-Parking.pdf](https://healthonline.washington.edu/document/health_online/pdf/Driving-Directions-Parking.pdf)

### Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Electrodiagnostic (EMG/SEP)  
Lab: 206-598-4828