



Clinic D - Electromyography Laboratory

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Pre- & Post-Exam Patient Information (NCS & EMG)

EXAM SESSION

Your appointment in the lab is a **test session**, not a clinical appointment.

TEST METHODS

Nerve conduction studies (NCS) require that a nerve is stimulated with an electrical pulse while wires taped to the skin record the response. **Electromyography** (EMG) examines the activity of muscle using a short, disposable needle electrode. The entire exam session will take 30-60 minutes.

CONTRAINDICATED MEDICATIONS

Keep a list of the medications you take. **Notify lab staff if you take any of the following medications.**

DO NOT DISCONTINUE ANY MEDICATION WITHOUT CONSULTING YOUR DOCTOR FIRST

- ❖ **Anticoagulants:** Aspirin, Warfarin, etc.
- ❖ **Acetylcholinesterase inhibitors:** Pyridostigmine (Mestinon), Prostigmin, Botox, etc.
- ❖ **Spasmolytics:** Baclofen, Diazepam, etc.
- ❖ **Immunosuppressants:** Azathioprine (Imuran), Cyclosporine, Cyclophosphamide, etc.
- ❖ **Others:** Quinolones (e.g., Plaquenil), Corticosteroids, Intravenous Immunoglobulin (IVIG)

CONTRAINDICATED MEDICAL DEVICES

Please notify lab staff if you are the recipient of any active medical implant. It is dangerous to perform some of the exams in recipients of cardiac pacemakers, defibrillators, neurostimulators (e.g., VNS, DBS), etc.

CATHETERS

If you have an intravenous or inter-arterial catheter, it is preferable that it is removed before you do an exam performed with an electrical stimulus. Otherwise, **please inform lab staff of its presence.**

COMPROMISED HEALTH STATUS

Please notify lab staff if you suffer from any bleeding disorder, bloodborne or infectious disease (eg. HIV, AIDS, Hepatitis, CJD, vCJD, MRSA, COVID-19, etc.), skin disorder, or any other serious condition.

SKIN PREPARATION

The skin on your arms, legs and face should be washed, dry and without any creams / sunscreens / oils / makeup on the day of the exam.

CLOTHING & JEWELRY

Please wear non-restrictive clothing on the test date

- ❖ Short and/or loose pant legs and shirt sleeves (*no* tight jeans or leggings)
- ❖ Short hosiery (*no* tights or pantyhose)
- ❖ **No** bracelets, necklaces, watches, or earrings

SMS NOTIFICATIONS & CANCELLATIONS

- ❖ CING will send you an **SMS appointment reminder 48 hours before** your test date
- ❖ If you will **NOT** attend your appointment, please call CING **as soon possible** so that other patients may be tested, instead.

POST-EXAMINATION

- ❖ The exam results will take approximately 2-3 weeks to be sent (email) to your **referring** doctor.
- ❖ You should **return to your referring** doctor for further consultation after s/he has the results.

TEST LOCATION & CONTACT TELEPHONE

Please determine your travel route well in advance of the test date in order to avoid missing your appointment.

[Driving directions](#) are written on the **CING website** or can be viewed on a [Google maps](#). Further inquiries can be made with the CING **telephonist** at 22358600.

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