

# Patient Preparation Guide for Electromyography (EMG) and Nerve Conduction Studies (NCS)

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This guide outlines best practices to ensure accurate results and patient safety during EMG and NCS procedures.

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## 1. Maintain Warm Limbs

- Cold limbs can affect test accuracy.
- Dress Appropriately: In cooler weather, wear gloves, pants, and closed-toed shoes to keep extremities warm.
- Pre-Test Warming: If your hands or feet are cold upon arrival, warming measures (e.g., warm water immersion) may be used before testing.

## 2. Avoid Lotions and Creams

- Do not apply lotions, creams, oils, or makeup on the day of the test, as they can interfere with electrode contact and signal quality.

## 3. Inform About Lymphedema

- If you have lymphedema or are at risk (e.g., post-lymph node dissection), inform your physician.
- Needle EMG is generally avoided in affected limbs due to potential complications.

## 4. Pacemakers and Defibrillators

- Having a pacemaker or implanted defibrillator is not an absolute contraindication for EMG/NCS.
- Inform your provider, especially if testing near the device, to ensure appropriate precautions are taken.

## 5. Anticoagulant Use

- If you're on blood thinners (e.g., warfarin, clopidogrel, rivaroxaban):
  - Inform your provider and discuss your medication regimen prior to the test.
  - Some providers may advise holding certain anticoagulants before the procedure, while others may proceed with caution, especially avoiding deep muscle insertions.

## 6. Additional Considerations

- Skin Infections: Inform your provider of any skin infections near the testing area, as needle insertion may be contraindicated.
- Medication Disclosure: Provide a complete list of medications, including over-the-counter drugs and supplements.
- Specific Medications: If you're taking pyridostigmine (Mestinon) for myasthenia gravis, consult your doctor, as it may need to be withheld before the test.

## 7. Appropriate Attire

- Wear loose-fitting clothing:
  - For Leg Testing: Shorts are ideal.
  - For Arm Testing: Short-sleeved or sleeveless shirts are recommended.

## 8. General Guidelines

- Hygiene: Shower or bathe on the day of the test to remove skin oils.
- Jewelry: Remove jewelry from the area to be tested.
- Diet: Eat normally unless instructed otherwise.
- Pain Management: Over-the-counter pain medications can be taken post-test if needed.

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Note: Always follow specific instructions provided by your healthcare provider or the testing facility.