
Preparing for your EMG/Nerve Conduction Study

What Is This Test?

Dr. Yang will evaluate how your nerves and muscles are functioning to help determine the cause of your symptoms. The study involves two parts: a nerve conduction study, where small electrical pulses are applied to the skin, and an EMG, where a thin pin briefly records muscle activity.

How to Prepare

- **Skin:** Do not apply lotion, cream, oil, or perfume to your arms or legs on the day of the test. Clean, dry skin is essential for accurate results.
- **Clothing:** Wear or bring a loose-fitting tank top (upper limb studies) or loose shorts (lower limb studies).
- **Medications:** Take all regular medications as prescribed unless instructed otherwise.
- **Diet:** No fasting is required — eat and drink normally.

What to Expect

- The appointment typically lasts 30 to 60 minutes, depending on the areas being evaluated.
- The nerve conduction study feels like a brief, mild static shock — most patients tolerate it easily.
- The needle EMG uses a very thin pin electrode. You may feel a slight pinch, but no sedation is needed.
- Dr. Yang will review your findings and answer your questions before you leave.
- You may drive yourself to and from the appointment.

After Your Visit

- Resume all normal activities immediately, including work and exercise.
- Mild soreness at needle sites may occur and usually resolves within a day.
- Your referring provider will receive a copy of your results the same day.

Quick Checklist

- ✓ No lotions, creams, or oils on your skin
- ✓ Loose tank top and/or shorts
- ✓ Bring your insurance card and a valid ID
- ✓ Patient financial responsibility is collected at time of visit
- ✓ Arrive 15 minutes early to complete paperwork

Thank you for trusting us with your care. We look forward to seeing you.



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