Know Before You Go

Onecall®

An EMG can help your doctor make an accurate diagnosis so that you can receive appropriate medical care. It's normal to be anxious before your test. We would like to help you understand the test and the process of scheduling it. One Call's aim is to put your mind at ease.

What to Expect

Your Appointment:
- Arrive 15-20 minutes early for any paperwork
- No special preparation is needed before the test
- Don't use oils or lotions on your body the day of testing
- If you are on blood thinners, talk to your doctor first
- If you have a pacemaker, please check with your cardiologist prior to having the exam
- Your test will be performed by a licensed neurologist or physiatrist, who may have an assistant
- Although you may feel some discomfort during the test, please know that the procedure is entirely safe
- The area that was tested may be sore after the EMG but this should only last an hour or two and bruising may occur

Follow Up Appointments:
- After testing, you may resume the same level of activity you were at prior to the exam
- Results of your test will be finalized and sent to your doctor
- Once your doctor reviews the results, he or she will talk with you about next steps, if any are needed
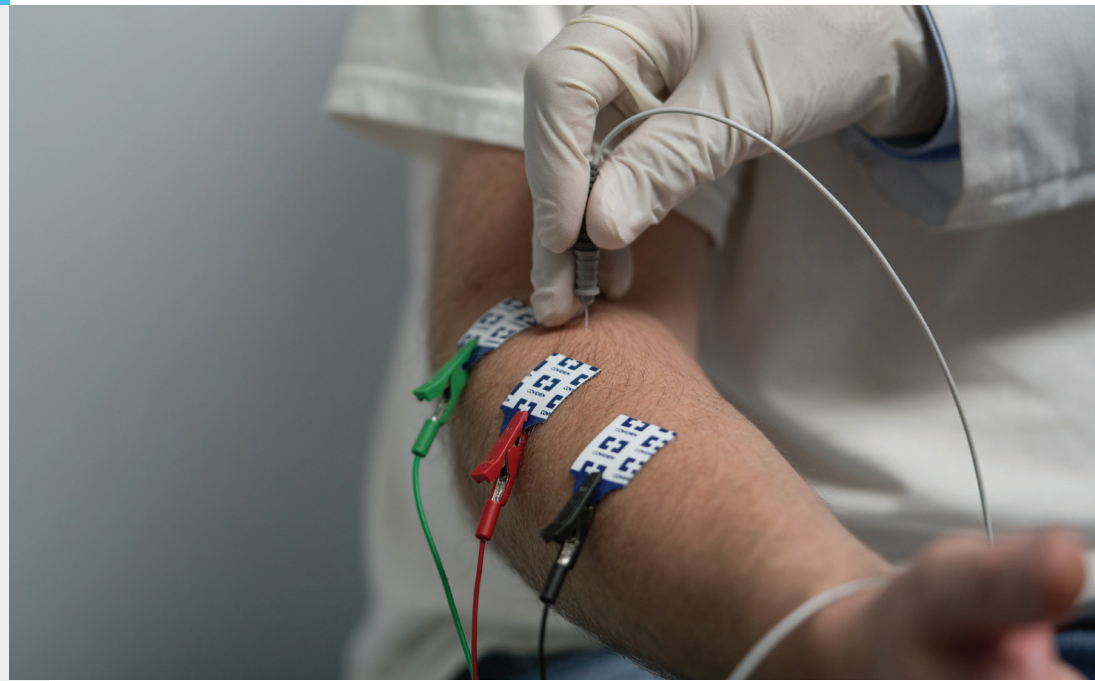
The Basics:

- Electromyography (EMG) is typically a two part test

- The first part of the test is a Nerve Conduction Study (NCS) where electrode pads are taped to the skin to test the speed and strength of the nerve response

- The second part of the test is the Electromyography (EMG) where the doctor inserts a small needle into the muscle to assess the health and nerve supply to the muscle

- An EMG evaluates the health of muscles and nerves

- The test can last between 30 minutes to 90 minutes

Questions or concerns?

Call 866.626.7243 to speak to a One Call Representative.