



**EMG Neurodiagnostics Labs
300 Pasteur Drive, Room H310
Stanford, CA 94305**

650-723-6888, Option 1

EMG TESTING INSTRUCTIONS

Please be on time. If you are late, it may be necessary to reschedule your test. In the event that you are unable to keep your appointment, please call (650) 723-6888 to cancel and/or reschedule.

To reach the lab, take the escalator or elevators located in the corridor by the gift shop and proceed to the third floor. On the third floor, turn left into the main corridor. The laboratory is on the right side of the hallway approximately 15 feet from the escalator and marked by blue tiles on the wall. The EMG Lab is part of the Neurodiagnostic Labs.

The testing is performed in two parts. The first part is the nerve conduction velocity (NCV) test, which evaluates the health of the peripheral nerve by recording how fast an electrical impulse travels through it. This involves electrical stimulation of the nerves in the arm and/or leg. The second part is the muscle response test (EMG), which requires the insertion of a fine needle into different muscles. Nerve and muscle diseases alter the pattern of activity in muscles. The entire test takes approximately 1-1 ½ hours. Following the testing, the data acquired will be analyzed and a written report will be prepared and sent to your referring physician.

PREPARATIONS:

Eat normally, and if you are taking medications continue to take them as directed by your doctor unless you are specifically requested to do otherwise. Please advise the lab staff if you are diabetic, taking anticoagulants (blood thinning medication, such as Coumadin) or if you have any type of blood disorder, which may cause excessive bleeding such as hemophilia.

If you are under treatment for myasthenia gravis, please contact the laboratory 48 hours prior to testing for special instructions.

Dress comfortably and wear loose clothing that permits access to the limbs.

If you have any questions, please feel free to contact us.

**Please come a little early for parking, due to construction that is going on in the front of the hospital.
Thank you.**