



PLEASE BRING THIS FORM WITH YOU AT THE TIME OF YOUR TEST

EMG

NCV

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PATIENT NAME: _____ **DOB:** _____

PHONE NUMBER: _____

R/O: _____ **INSURANCE:** _____

REFERRING PHYSICIAN: _____ **PHONE NUMBER:** _____

SPECIAL INSTRUCTIONS: _____

APPT. TIME & DATE: _____

CONDITIONS & COMMENTS: _____

PLEASE NOTIFY 318.798.6833 IF YOU CANNOT KEEP THIS APPOINTMENT.

Diplomate, American Board of
Physical Medicine and Rehabilitation



Diplomate, American Board of
Electrodiagnostic Medicine

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What to Expect During Your EMG/NCS Test

Why have I been referred?

You have been referred to Bicknell EMG because you have experienced numbness, tingling, pain, weakness and/ or muscle cramping. If your provider suspects that you may have a problem with your nerves or muscles, this procedure will likely be an important part of your evaluation. This procedure takes about 30 minutes.

Precautions: Notify physicians & staff if you are taking any blood thinners.

Patients that have routine PT/INR testing, please provide most recent result.

What kind of training do EMG/NCS doctors have?

- Four years of college
- Four years of medical school
- Four years of residency in Physical Medicine and Rehabilitation (Physiatry) or Neurology

Why am I having an EMG?

There are many reasons why your own doctor may have referred you for an EMG/NCS and it is not possible to list all of them here. It is perfectly reasonable for you to ask the doctor sending you for the tests for the reason. Common reasons include entrapped nerves or other nerve and muscle problems. Dr. Bicknell specializes in performing EMG/NCS.

What does an EMG/NCS investigation involve?

Needle EMG

For this part of the test, a small, thin needle is put in several muscles to see if there are any problems. It is used once for each patient and is thrown away after the test. There may be a small amount of pain during this part of the examination. The doctor tests only the muscles necessary to decide what is wrong. During the EMG test, Dr. Bicknell will be able to hear and see how your muscles and nerves are working by the electrical signals made by your muscles. He then uses his medical knowledge to figure out what could be causing your problem.

Does it hurt?

The electrical nerve tests or nerve conduction studies feel like small electrical shocks. Most people will find these a bit uncomfortable, but will be able to tolerate it without difficulty. Many people who have used a TENS machine say the feeling is very similar. The needle tests are also a bit uncomfortable but usually quite tolerable, as the needles used are very thin; similar to acupuncture needles. If there is anything that you feel is too uncomfortable let Dr. Bicknell know. Tests will be done in a different way or even stopped if you find them too uncomfortable. Dr. Bicknell will try to minimize your discomfort at all times, but needs to do enough to try to come to an accurate diagnosis.

Is it dangerous? Are there any side effects?

The equipment used is safe and extensively tested. Some precautions need to be taken with certain patients who have heart pacemakers or are on blood thinning drugs. Inform us if this affects you or if there is anything else about your medical history you think we should know. There are no serious side effects from an EMG. The electrical tests can sometimes make hands or feet tingle for a few minutes after, but will soon pass. The needle tests may result in slight bleeding as in a pinprick. Your muscles may also ache for a few hours after the needle tests, but this is usually very minor.

What should I bring?

Please bring your insurance cards and a valid form of identification. Also, take a bath or shower to remove oil from your skin. Do not use body lotion or powder the day of your test to improve the quality of the test results. To save time, you may download and complete our patient information forms to bring with you.

What should I wear?

You can help by wearing clothing that is loose and easily removed. Short sleeved clothes can make tests a bit easier to do. If possible do not wear jewelry that would be difficult to remove. Avoid wearing any skin moisturizers as they make it difficult to get good recordings.