



Progressive Neurology & Sleep Medicine Associates

4234 Riverwalk Parkway, Ste. 280 Riverside, CA 92505

1839 West Redlands Blvd. Redlands, CA 92373

Ph: (951) 785-7190 Fx: (951) 688-7246

PREP INSTRUCTIONS FOR EMG/NCV TEST

Address for Riverside:

4234 Riverwalk Parkway, Suite 280

Riverside, CA 92505

(Inside Arrowhead Orthopedic building.
Second floor, end of the hall-suite 280)

Address for Redlands:

1839 West Redlands Blvd.

Redlands, CA 92373

For patients who use a walker, wheelchair, cane, or have difficulty with walking:

Please allow enough time to get to the office from the parking lot.

Our **Riverside** location is on the second floor, at the end of the hall, and can be a far walk from the parking lot. If a patient requires more time, please notify the staff at the time of scheduling the EMG/NCV appointment.

If a patient is scheduled on a **Saturday**, please note there is **NO GRACE PERIOD**.

Saturday scheduled patients MUST check in at least 15 mins prior to the appointment time, to allow time to register and prepare for the test.

If a Saturday patient arrives at the time of their appointment, they will be considered late and will need to reschedule.

For Saturday RIVERSIDE patients, the building doors are locked on weekends.

Please push the intercom button at the double entrance doors.

Push "**SUITE 280**" button. Someone will then unlock the doors for patients to enter.

Go upstairs to the second floor at the very end of the hall- suite 280.

Here's a more detailed breakdown:



Before the EMG/NCV Test:

- **Skin Preparation:** Shower or bathe to remove oils from your skin. Avoid using lotions, creams, or oils on the day of the test.
- **Clothing:** Wear loose-fitting clothes that allow easy access to the area being tested. You may be asked to change into a gown.
- **Medications:** Continue taking your regular medications unless your doctor advises otherwise. Inform the doctor about all medications, including blood thinners, and any bleeding disorders.
- **Jewelry:** Remove all jewelry, including rings and bracelets, and watches.
- **Food and Drink:** Eat your normal meals and drink as usual. There's no need to fast.
- **Avoid Caffeine and Tobacco:** Some doctors may advise avoiding caffeine and tobacco for a few hours before the test.
- **Communicate with the Doctor:** Inform your doctor about any concerns or questions you have about the procedure.

During the EMG/NCV Test:

- **Nerve Conduction Study (NCS):**
Electrodes are placed on the skin to measure the speed of electrical impulses along the nerves. You may feel a brief tingling or shocking sensation.
- **Electromyography (EMG):**
A small needle-like electrode is inserted into the muscle to measure its electrical activity. You may feel a brief prick or discomfort during the needle insertion.
- **Muscle Contraction:**
You may be asked to contract your muscles during the EMG test to assess their electrical activity.

After the EMG/NCV Test:

- **No Driving Restrictions:** The test will not affect your ability to drive, so you can drive home unless you usually require transportation.
- **Results:** The doctor will review the results with you at the end of the procedure or schedule a follow-up appointment to discuss the findings.