



Henry Tellez, MD
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Board Certified in Neurology , Vascular Neurology, Neuromuscular, Sleep Medicine, Psychiatry and Internal Medicine

EMG and Nerve Conduction Testing at Sandhills Neurologists, P.A.

Appointment Date and Time: _____

ATTIRE:

Please wear or bring loose clothing such as shorts, T-shirt, tank top or clothing that allows easier access to upper thighs and upper shoulders. You may have to remove your clothing if we are unable to access the sites that are needed for the test and a sheet will be provided. **Be sure you have no skin cream/lotion, oil, or Vaseline on anywhere on your body the day of the testing! If you use Vaseline or very thick lotion, don't apply it to your skin for a few days prior to testing.** If you have lotion, oil or Vaseline on your skin, your test will need to be rescheduled!

WHAT TO EXPECT DURING YOUR EMG/NCV TEST:

Electrodiagnostic Medicine studies diseases of the nerves and muscles. The EMG test that your doctor has recommended studies if your muscles and nerves are working right. You can have problems with your muscles and nerves in only one part of your body or throughout your body. The results of the tests will help your doctor determine what is wrong and how it can be treated.

WHO DOES THE TESTING?

An appropriately trained doctor should do all needle EMG (electromyography) testing. A trained assistant, a technologist, under a doctor's supervision can do nerve conduction studies (NCV).

WHAT KIND OF MEDICAL TRAINING DO DOCTORS WHO PERFORM EMGs HAVE?

Our doctors who perform EMGs go to 4 years of medical school, have 3 or 4 more years of training in a neurology residency program, and additional training in EMG and neuromuscular disease. Medical training helps the doctor decide which tests to perform based on your problems. It teaches the things that can go wrong with the human body and how to tell the difference between these things. Both of our physicians are Board Certified in Neuromuscular Medicine.

WHY AM I BEING SENT TO THE EMG LAB FOR TESTS?

You are being sent to the EMG lab because you have numbness, tingling, pain, weakness and/or muscle cramping.

NERVE CONDUCTION STUDIES:

NCVs show how the body's electrical signals are traveling to a nerve. This is done by applying a small electrical shock to the nerve and recording how the nerve works. These shocks cause a quick, mild tingling feeling. The doctor may test several nerves.

Cary - 251 Keisler Drive Suite 100 • Cary, NC 27518

Sanford - 101 Dennis Drive • Sanford, NC 27330

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NEEDLE EMG (ELECTROMYOGRAPHY)

For this part of the exam, a small, thin needle is inserted into several muscles to see if there are any problems. A new needle is used for each patient and it is thrown away after the test. There may be a small amount of pain when the needle is put in. The doctor examines only the muscles necessary to decide what is wrong. The doctor will look at and listen to the electrical signals that travel from the needle to the EMG machine. The doctor can read these signals.

HOW LONG WILL THESE TESTS TAKE?

The test usually takes 45 to 90 minutes. You can do any of your normal activities like eating, driving and exercising before the test. There are no lasting effects from the test.

HOW SHOULD I PREPARE FOR THE TEST?

Tell the EMG physician if you are taking aspirin, blood thinners (Coumadin,) have a pacemaker, or have Hemophilia. Take a bath to remove all oil from your skin. Do not use body lotion or oil on the day of the test. If you have Myasthenia Gravis, ask your EMG doctor if you should take any medications before the test.

WHEN WILL I KNOW THE TEST RESULTS?

The EMG physician will discuss your test results with you or send them to your regular physician. After the exam, check with the physician who sent you for the procedure for the next step of your care.

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