



HOW TO PREPARE

EMG & NCS – Take a shower or bath shortly before the test to remove oils from your skin. Do not apply any lotion, Vaseline, or oils to your skin before the test.

Please inform the technologist or doctor if you take blood thinning medication, have a pacemaker or other electrical device, hemophilia, or lymphedema.

EEG – Wash your hair the night before or the day of the test, and do not use any hair products, sprays, gels, or oils. Hair should also be free of weaves, extensions, and braids. Avoid anything with caffeine on the day of the test, and take your usual medications unless otherwise instructed.

If your test is scheduled as a sleep-deprived EEG, you are to stay awake for a minimum of 24 hours prior to the test, unless otherwise instructed by your doctor or nurse.



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EMG & NCS

EMG (Electromyography) & **NCS** (Nerve Conduction Studies) are tests used to detect nerve and muscle disorders, which include symptoms such as: muscle weakness, numbness, spasms, paralysis, and pain. They can also determine if the problem is related to nerves, muscles, or the spinal cord. EMG & NCS are often performed in the same appointment. They monitor and detect changes in electrical activity in nerves and muscles and can help diagnose the following:

- **pinched nerves and inflamed muscles**
- **carpal tunnel syndrome**
- **primary muscle disorders**
- **neuromuscular disorders**
- **motor neuron disorders**

WHAT TO EXPECT

EMG – A needle electrode is inserted gently into the muscle. You may feel a dull ache or pressure. Other electrodes are then attached to your skin. The muscle is tested at rest and while contracted. You may feel a slight tenderness or soreness for a few hours in the areas tested.

NCS – Recording electrodes are attached to your skin, and stimulating electrodes are placed against your skin. A tiny electrical impulse is sent through your nerves and responses are recorded. You may feel slight tingling during the procedure, but there aren't any post-test side effects.

FREQUENTLY ASKED QUESTIONS

- **Does it hurt?** EMG and NCS tests cause a slight level of temporary discomfort. Neither anesthesia nor sedatives are necessary for these tests.
- **Are there risks involved?** No, but people with certain medical conditions may face increased risks. Be sure to talk to your healthcare provider about all risks and benefits.



EEG

An EEG (Electroencephalogram) is a test used to evaluate the electrical activity in the brain. Brain cells communicate with each other through electrical impulses, which create activity. An EEG records patterns of brain activity and is helpful in diagnosing the following disorders:

- Brain tumors
- Encephalitis
- Encephalopathy
- Epilepsy
- Memory problems
- Sleep disorders
- Stroke

WHAT TO EXPECT

Electrodes are attached to your scalp using a washable paste, and your brain waves are recorded. (You may want to bring a hat or scarf to wear afterwards.) EEG usually takes up to one hour. There are no post-test side effects.