



The Neurology Clinic of Washington

*General Neurology, Neuromuscular diseases, Movement disorders, Headaches, Sleep Disorders,
Electromyography, Botulinum Toxin injections, Sleep Clinic*

Nirjal K. Nikhar, MD, FRCP

Electromyogram Test and Nerve Conduction Study

Dear Patient,

You have been scheduled for an EMG and Nerve Conduction test. This is an important test to study your nerve and muscle functions. The test is very sensitive for nerve injury and to give the clearest results requires some preparation. Please prepare for the test by ensuring the following:

1. **2 days before the study:** Please do not apply any cream, lotion, Vaseline, or oil based compounds on your skin.
2. **The day before the study:** Please wash your extremities (legs; from knees to toes and arms; from elbows to fingers) thoroughly with soap and warm water. Ensure dry scaly skin is removed from elbows, hands, palms, fingers, legs, ankles, feet, and toes.
3. **The day of the study:** Please do not apply any cream, lotion, Vaseline, or oil based compounds on your skin.
4. For new patients, please arrive for the test 20 minutes prior to your scheduled time. For established patients, please arrive for the test 5-10 minutes prior to your scheduled time. Please allow an hour for the test.
5. Remember to dress warmly with gloves and thick socks as temperatures may affect the studies in the winter.

Thank you.

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