

# Your NC / EMG test

To learn more, search for *EMG* on [bcchildrens.ca](https://bcchildrens.ca)

**NC** stands for nerve conduction study. An NC is a medical test. An NC records how fast messages travel along the nerves in the arms and legs.

**EMG** stands for electromyography. An EMG is a medical test that records the electrical signals in specific muscles.

You may need one test, or both.

Your health-care team need to see and touch your knees and elbows for the test.

Wear comfortable clothes for your test. You can wear a short-sleeve shirt and shorts. Or you can wear a long-sleeve shirt and pants that can roll up.

When you arrive at BC Children's Hospital, please come to the Neurophysiology Clinic. It is near Entrance 17.

Please check in with a clerk. They will ask for your BC Services Card.

Then, you can relax in the waiting area.



When it is time for your test, a Neurophysiology Technologist will get you and your grown-up.

The Technologist is often called a Tech.



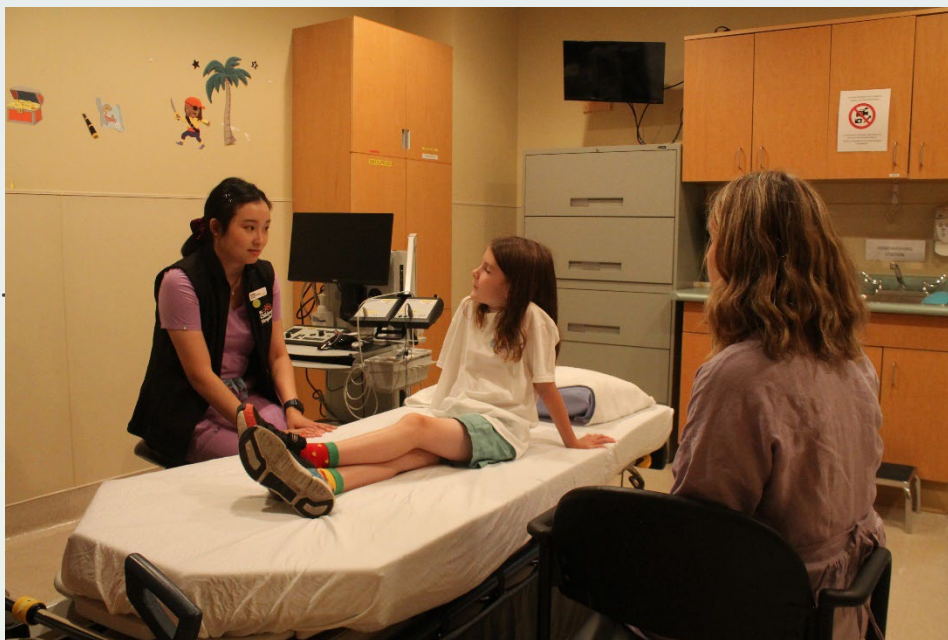
The tech will bring you and your grown-up to a room. The room might look like this. Each room looks a little different.



The tech will ask your grown-up what medicines you take. They will also ask questions to help them do the tests in the best way for you.

Then it is time to start the tests.

First, you will lay on your back. Remember to lay still and relax. It is important for you to cooperate and be patient.



Sometimes, the doctor orders medicine to help you relax and fall asleep during the test.

If your doctor ordered this medicine for you, a nurse will phone your grown-up. Your grown-up will know about the medicine before your test day.



If you need an NC, you will do this test first.

There are no needles for the NC part of the test.

The tech will place electrode stickers on your hands and feet. The stickers are attached to wires. They will feel electrical activity in your muscles.

You may feel tingling or tapping. This will make your fingers and toes move.



For the NC, the tech will measure your arms or legs. They will use a washable crayon to make marks on your skin. The marks are where they will put the electrode stickers.

The tech may ask you to move your hands and feet, to check that the marks are in the right places.



Next, the tech will clean each mark with an alcohol wipe. This helps the electrode sticker work well.

Then, they will put on the electrode stickers.



The tech will place a special tool called a stimulator onto your arms or legs.



You will feel a tingling sensation or tapping. It will make your fingers or toes move. This can feel strange! It does not usually hurt.



The tech will tell you when the test is over.

If your doctor asked for an EMG, the EMG doctor does this test next.

The doctor will put the tip of a very small, thin needle into a muscle in your leg or arm. The needle poke may feel uncomfortable but will only be for a few seconds.

Then, the doctor will ask you to move in a certain way to see that muscle working.

This test does not take long.

Your tests are done. It is time to go home.

Your doctor will contact your grown-up to tell them the results.

# Questions?

Please call us at 604-875-2124

Monday – Friday, 7 am – 4 pm