



## EMG Neurodiagnostic Lab

EMG Neurodiagnostic Lab | Stanford Neurosciences Health Center  
213 Quarry Rd | Palo Alto, CA 94304 | 650-723-7181

### **EMG INSTRUCTIONS** **PLEASE READ CAREFULLY**

An appointment has been made for you to have an Electromyogram (EMG) and nerve conduction velocity (NCV) testing in our laboratory.

The testing is performed in two parts. The first part is the nerve conduction velocity (NCV) test, which evaluates the health of the peripheral nerve by recording how fast an electrical impulse travels through it. This involves electrical stimulation of the nerves in the arm and/or leg. The second part is the muscle response test (EMG), which requires the insertion of a fine needle into different muscles. Nerve and muscle diseases alter the pattern of activity in muscles. The entire test takes approximately **1-1 ½ hours**. Following the testing, the data acquired will be analyzed and a written report will be prepared and sent to your referring physician.

#### **PREPARATIONS:**

Eat normally, and if you are taking medications continue to take them as directed by your doctor unless you are specifically requested to do otherwise. Please advise the lab staff if you are diabetic, taking anticoagulants (blood thinning medication, such as Coumadin) or if you have any type of blood disorder which may cause excessive bleeding such as hemophilia.

If you are under the treatment for myasthenia gravis, please contact the laboratory 48 hours prior to testing for special instructions.

Dress comfortably and wear loose clothing that permits access to the limbs.

#### **Appointments/ Cancellation**

We ask that you **please check-in at our reception area located on the 1<sup>st</sup> floor 30** minutes prior to your appointment. If you are running late to your scheduled appointment, it may be necessary to reschedule your EMG. If you need to reschedule your appointment, please call the clinic **48** hours in advance at **650-723-7181** so that we may do our best to accommodate other patients. You will also be contacted via an automated system to confirm your appointment, please listen to the entire message as its contents has valuable information including the ability to respond yes or no to confirm or cancel your appointment.

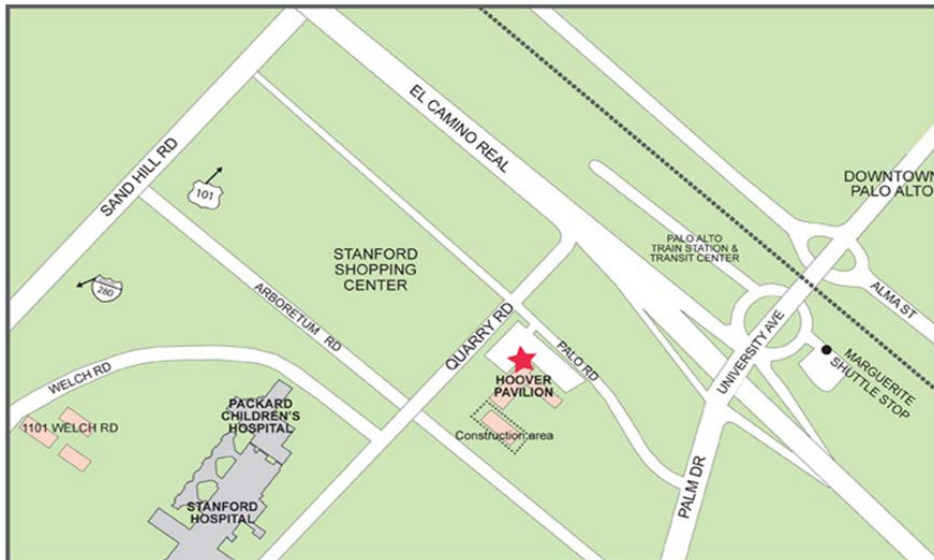
If you have any questions, please feel free to contact us.

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### **Driving Directions:**

#### From Bayshore US Highway 101 North or South

- Take the Embarcadero Road/West exit.
- Follow Embarcadero Road for about two miles.
- Turn right on El Camino Real and left on Quarry Road.
- Turn left on Palo Road and right into the parking lot of Hoover Pavilion.
- The Hoover Pavilion is located at 213 Quarry Road.

#### From Highway 280 North or South

- Take the Sand Hill Road exit and head east.
- Turn right on Arboretum Road and left on Quarry Road.
- Turn right on Palo Road and right into the parking lot of Hoover Pavilion.
- The Hoover Pavilion is located at 213 Quarry Road.

#### El Camino Real North or South

- Turn on Quarry Road.
- Turn onto Palo Road and then into the parking lot of Hoover Pavilion.
- The Hoover Pavilion is located at 213 Quarry Road.