

**Pinky S. Tiwari, M.D.**  
Diplomate, American Board of Neurology  
Diplomate, American Board of Electrodiagnostic Medicine

Scurlock Tower  
6560 Fannin, Suite 1836  
Houston, TX 77030

Telephone: (713) 790 – 1775

www.houstonmds.org

Fax: (713) 790 – 1605

## Important Patient Instructions For Electrodiagnostic Testing

1. **Do not use any lotion, Vaseline, or cream** on your body for two days prior to testing.
2. **Do not use any moisturizing soap** (such as Dove) on the day of testing.
3. **On the day of the testing take a shower, or bath, using plain soap** (Ivory, Dial, Irish Spring).
4. Come to the EMG testing on time (Please bring some reading material to keep you occupied if there is a waiting period). Although this may be inconvenient for you, temperature control is very important for testing and the surface temperature of your skin must be standardized. Kin temperature difference may give false abnormal results.
5. **Wear loose comfortable clothing** on the day of testing.
6. You will be asked to **remove all of your jewelry** at the time of testing.
7. If you have a **cardiac pacemaker** you must let the doctor know this.
8. If you have a history of **hepatitis, endocarditis, or any other infectious disease**, you must inform the doctor of this.
9. If you have had a **Myelogram within the last 4 weeks**, you must inform the doctor of this.
10. If you are unable to come for your appointment, please inform the office **48 hours in advance for cancellation**.
11. If you are taking **blood-thinning medication** such as Coumadin, or have hemophilia, you must inform the doctor of this.
12. **If you have any questions regarding the testing procedure, please do not hesitate to ask.** Every question is important, and deserves an answer.

**PATIENT NAME:** \_\_\_\_\_

### APPOINTMENT

**Check-in at the front desk:**

**Testing:**

**TIME:** \_\_\_\_\_

**DAY:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

## **WHAT IS ELECTRODIAGNOSIS?**

Electrodiagnosis, unlike many routine medical test such as urinalysis or a blood study, is an extension of the doctor's physical examination. A physician who has special training should perform the Electrodiagnostic evaluation.

The time required to complete the study varies, but generally takes approximately 60 – 120 minutes. There are no restrictions relative to activities before or after the test and no permanent aftereffects.

Electrodiagnostic studies can be helpful in evaluating weakness, numbness, pain and symptoms such as fatigue, cramps and abnormal sensation. The two main procedures used to study nerves and muscles are the needle electromyographic (EMG) examination and nerve conduction studies (NCS).

### **EMG**

During the EMG, the physician analyzes the electric activity in the muscles by inserting a fine needle electrode into selected muscles. Needle insertion may cause mild temporary discomfort. The physician can determine whether the muscle is working normally by seeing the electric activity on the screen and listening over a loudspeaker. The needles are discarded after use to prevent the transmission of AIDS, hepatitis and other infections.

### **NERVE CONDUCTION STUDIES**

To perform nerve conduction studies the physician tapes small, metal electrodes on the skin and applies a brief electrical stimulus to one portion of a nerve. Nerve stimulation will cause a tingling sensation. The physician can then evaluate the electric response of the nerve or muscle to which the nerve is attached and determines if the nerve impulse is (a) conducted normally, (b) at a slow speed or (c) not transmitted at all, suggesting damage to the nerve.

### **RESULTS**

The Electrodiagnostic Physician interprets the results of the studies. Therefore, a report is sent to the referring physician, who will then be in the best position to coordinate further treatment.

## Where Do I Park?



### *Scurlock Tower*

**Scurlock Tower is located at 6560 Fannin Street, Houston, TX 77030** across from Methodist Hospital. On-site parking for patients and visitors is available in the Scurlock Tower's parking garage, valet or self-parking.

**Self Parking** – enter the garage from Main St. or Fannin Street.