# EMG和神经传导检查

## **EMG and Nerve Conduction Tests**

EMG, also called electromyogram, measures how your muscles and nerves work. The nerve conduction test measures how your nerves work in a different way. These tests measure electrical signals and may be done to check a nerve injury or diseases of your muscles or nerves. Most often these tests are done together, starting with the nerve conduction test.

Tell your doctor if you:

- Have bleeding problems
- Take blood thinner medicine
- · Have hemophilia
- · Have a pacemaker or other heart device

**Arrive on time for your test.** Plan on this test taking about 1 hour.

#### Day of your test

- Take your usual medicines.
- Bathe or shower so your skin is clean for the test, but do not appy any lotions, creams or oils to your skin until the test is done.
- Based on the problems you are having, the tests may be done on your arms and neck, or your legs and lower back, or both.
- Wear loose clothing. A tank top and shorts may allow the test to be done without you needing to change into a hospital gown.
- You may be seated in a chair or lie on a bed or table for the tests.

EMG又称肌电图,用于检查您的肌肉和神经运行情况。神经传导检查测量神经如何以不同方式工作。这些检查将测量电信号,用于诊断神经损伤或肌肉或神经疾病。通常这些检查将一次性完成,从神经传导检查开始。

如出现以下情况,请告知医生:

- 有出血问题
- 正在服用血液稀释剂
- 患有血友病
- 植入起搏器或其他心脏装置

**请您准时前来接受检查。**请为本次检查留出 大约1小时的时间。

# 检查当天

- 服用您常用的药物。
- 沐浴或淋浴,确保皮肤在检查时保持干 净,但在检查完成之前,请勿在皮肤上涂 抹任何乳液、乳膏或油。
- 根据您的情况,可能会检查您的手臂和颈部、或腿部和下背部,或两者都进行检查。
- 请穿着宽松的衣服。您可以穿着自己的背 心和短裤进行检查,无需更换医院罩衣。
- 在检查期间,您可以坐在椅子上,躺在床 上或检查台上。

#### **During the Nerve Conduction** Test

- · Pads are placed on your skin to measure how a nerve responds.
- Other pads will be placed over the nerve to give very small shocks. The shock causes a quick tingle and your muscle may twitch.
- Several nerves may be tested.

### During the EMG

- A pin electrode is put through your skin and into your muscle. This is to measure electrical signals from your muscles.
- It may hurt when the pin is placed in your muscle.
- One muscle is tested at a time.
- Signals from your muscles show up on a screen and are heard over a speaker.
- You may be asked to tighten and release the muscle to see if the signals change.
- You may watch, listen, and ask questions during the test.

The doctor will talk to you about your test results.

You can return to your usual activity after the tests.

#### Talk to your doctor or nurse if you have any questions or concerns.

可能会抽搐。

情况。

神经传导检查期间

将垫片置于您的皮肤上,以测量神经反应

在神经所在位置上方放置其他垫片,进行 极轻微电击。电击会引起快速刺痛,肌肉

可能需要检查不同的神经位置。

#### EMG期间

- 将针状电极扎入您的皮 肤和肌肉。这项检查时 为了测量您肌肉的电信 号。
- 将针扎入肌肉中时可能 会产生痛感。
- 一次检查一块肌肉。
- 屏幕上会显示肌肉发出 的信号,并通过扬声器 听到声音。
- 可能会要求您收紧和放 松肌肉,以查看信号是 否发生变化。
- 您可以在检查过程中观
- 看、聆听和提问。

医生会告知您检查结果。

检查后, 您可以恢复日常活动。

#### 如果您有任何疑问或疑虑,请咨询您的医生 或护士。

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