

EMG iyo Baaritaanka Neefmayaasha

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 apply 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.

EMG, oo sidoo kale loo yaqaan dhaqdhaqaaqa neerfayaasha murqaha, waxa lagu ogaadaa sida murquhaagu iyo neerfayaashu u shaqeeyaan. Baaritaanka neerfayaasha waxay cabiraan sida kala duduwan ee neerfayaashaadu u shaqeeyaan. Baaritaanadaas waxay cabiraan xargaha elektarooniga ah waana lagu ogaan karaa dhaawacyada neerfaha ama xanuunada murqaha iyo neerfayaasha. Inta badan baaritaankaan waa la isla sameeyaa, waxaana laga bilaabaa baaritaanka neerfayaasha.

U sheeg dhakhtarkaaga haddii aad:

- Isku aragto dhibaatooin dhiig bax
- Qaado daawo dhiiga qafiifisa
- Qabtid hemophilia
- Haysatid qalabka wadnaha qofka lagu dhejiyo ama qalab kale oo wadne

Imoow xiliga baaritaanka. Qorshee baaritaankaan 1 saac.

Maalinta baaritaankaaga

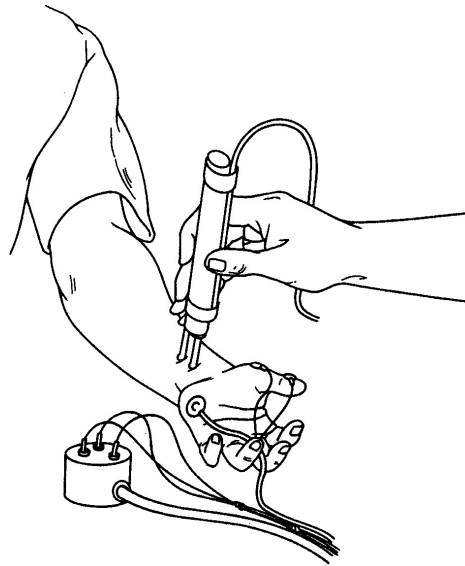
- Qaado daawooyinkaaga caadiga ah.
- Qubeyso ama qaado shaawar si maqaarkaagu u noqdo nadiif, laakiin ha marsan maqaarkaaga kareemi, looshino ama saliid illaa baaritaanku dhamaado.
- Ayadoo lagu saleynaayo dhibaatooyinka aad qabto, baaritaanka waxaa lagu sameyn karaa gacmahaaga ama qoortaada, ama lugahaaga ama dhabarka danbe, ama labadaba.
- Xiro dhar jilicsan. Maryaha kor laga xirto ama surwaalada gagaaban waxay fududeeyaan in baaritaanka lagugu sameeyo adigoo xiran dharka isbitaalka.

- You may be seated in a chair or lie on a bed or table for the tests.

- Waxaad ku fariinsan kartaa ama seexan kartaa kursi ama sariir inta uu baaritaanku socdo.

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.



Inta uu socdo Baaritaanka Neefmayaasha

- Baandheej ayaa lagu xirayaa maqaarkaaga si loo ogaado sida neerfayaashu u shaqeeyaan.
- Baandheeg kale ayaa lagu xiraa korka neerfayaasha si ay u siiyaan shoog yar. Shoogu waxa uu sababaa jiririco maqaarkaaguna waa uu sameyn karaa sharqan.
- Waxaa la baari karaa neerfayaal badan.

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.

Inta lagu jiro EMG

- Bir elektaroonig ah ayaa lagalinayaa maqaarkaaga iyo murqahaaga. Arintaan waxaa loogu talagalay in lagu ogaado xiddada murqahaaga.
- Waxaa laga yabaa inaad dareento xanuun marka murqaha lagaa geliyo birta.
- Halkii murugba mar ayaa la baarayaa.
- Neerfayaasha murqahaaga waxay kasoo muuqanayaan shaashada waxaana laga maqlaa sameecada.
- Waxaa lagu waydiin karaa inaad dhuujiso aadna siideyso murqaha si loo ogaado in neerfayaashu isbadelayaan.
- Waad daawan kartaa, dhageysan kartaa, waxaadna waydiin kartaa su'aalo inta baaritaanku socdo.

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.

Dhakhtarkaaga wuxuu kaala hadli doonaa natiijooyinka baaritaankaaga.

Waxaad dib ugu laaban kartaa hawlahaagii caadiga ahaa kadib baaritaanka.

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabtid wax su'aalo ah ama walaacyo.