

Videonystagmography (VNG) Pre-Testing Instructions

Videonystagmography (VNG) testing has been recommended and scheduled for you. The test is scheduled for approximately 1.5 hours and will need a hearing evaluation prior to this testing. This test is designed to help locate the source of your dizziness or balance disorder.

Videonystagmography is performed to evaluate the function of the inner ear and central motor function. During the VNG your inner ear and central motor balance system will be stimulated by watching and following moving lights, with different head and body positions, and by circulating cool and warm air into your ear canals. **Your ears need to be free of wax for this testing.** Goggles with small infrared cameras will be worn to measure and record your eye movements during the testing. Dress comfortably, as you will be sitting and lying on an exam table for the duration of testing. These tests are not painful. However, you may feel dizzy after the test, so we ask that you arrange for someone to drive you home after the testing is completed.

PLEASE READ CAREFULLY: CERTAIN MEDICATIONS MAY CHANGE THE FINDINGS OF THE VNG. FAILURE TO FOLLOW THESE INSTRUCTIONS WILL LEAD TO YOUR TEST BEING RESCHEDULED. YOU MUST AVOID THESE SUBSTANCES FOR THE STATED AMOUNT OF TIME BELOW:

72 Hours:

- Anti-dizzy medications (Antivert, Meclizine, etc.) Sleeping pills, Tranquilizers, Pain Medications, Narcotics, Stimulants, Muscle Relaxers or any medication that contains any of the above.

48 Hours:

- Antihistamines (Benadryl, Allegra, Claritin, etc.), **Alcoholic Beverages**, Illicit Drugs, Non-Essential Medications, Over-The-Counter Medications, Anti-nausea medications, Anti-depressants, Recreational and Medical Marijuana

PLEASE CONTINUE with medications for your heart, blood pressure, diabetes, thyroid, seizures, or any other life-sustaining medications. Contact your prescribing doctor about coming off anti-depressants.

ADDITIONALLY:

- Do not eat or drink anything for at least 3 hours before your scheduled appointment
- **No caffeine on the day of testing** (coffee, diet pills, soda, tea, chocolate, etc.)
- No tobacco on the day of testing
- Do not wear any face make-up (mascara, eyeliner, foundation, etc.) or face cream
- Do not wear earrings or jewelry around your neck

If you have any questions or are unsure about a medication you are taking, please consult your physician or the audiologist.

Due to the amount of time scheduled for this test, please notify the office at least 48 hours prior to your test time if you are unable to keep your appointment. Failure to notify will result in a "no show" fee of \$50.00.