

**VNG Pre-Testing Instructions (please read all instructions thoroughly)**

Your physician has recommended that you have a videonystagmography (VNG) evaluation. A VNG tests the balance and dizziness part of your inner ear to determine if some dysfunction or abnormality exists which may be causing your dizziness.

This test consists of 3 main parts, with multiple subtests in each of those 3 portions. The evaluation is scheduled for approximately 1.5 hours to 2 hours. Please be advised that this testing may make you feel dizzy at any point during the evaluation. Following is a list of instructions that are very important to successfully complete testing during your scheduled appointment time.

- DO NOT wear any eye make up, face make up, or face lotions to your scheduled appointment.
- Please dress comfortably. You will be sitting or lying on an exam table for the duration of testing.
- Please do not consume caffeine for 48 hours prior to testing.
- Please do not consume alcohol for 48 hours prior to testing.
- Please do not eat prior to testing. If your appointment is scheduled for the afternoon, you may eat a light breakfast. If you are diabetic, you may eat a light breakfast and/or light lunch.
- Please refrain from taking any of the following medications for at least 48 hours prior to testing:
  - Meclizine
  - Antivert
  - Over the counter dizziness medications (i.e. Dramamine)
  - Valium
  - Narcotic pain relievers (i.e. Percocet, Vicodin)
  - Muscle relaxants
  - Sedatives and tranquilizers
  - Sleep Aids (i.e. Ambien, Unisom, Tylenol PM)
  - Antihistamines (i.e. nasal sprays, allergy medications)

**PLEASE CONTINUE TO TAKE ALL LIFE SUSTAINING MEDICATIONS** such as medications for cardiac/heart disease, hypertension (high blood pressure), and diabetes.

If you have been taking any of the above listed medications consistently for more than one year, please consult your physician before stopping any of the medications.

A VNG evaluation cannot be completed if you have taken any vestibular suppressants (i.e. Meclizine, Antivert, or Valium) in a 48 hour period. If you require the use of these medications immediately prior to your testing, you will need to reschedule your appointment.

Because this testing may cause you to feel dizzy, we recommend that you have someone drive you to your appointment.

*Pre-Testing Instructions*