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VNG INSTRUCTIONS

Certain medications or substances can influence the body's response to the test, giving a useless or even false result.

Please continue to take heart, high blood pressure, antidepressant, and anticonvulsant medications.

In preparation for the examination, we ask that you follow the instructions listed below:

- Do **not** drink coffee, tea, soda or any beverage containing caffeine within 24 hours of the evaluation.
- Do **not** eat or smoke for 3 hours before the evaluation.

However, if you are diabetic, you may eat a light meal.

Discontinue the use of the following, 2 days (48 hours) prior to the evaluation:

- Aspirin
- Alcohol in any quantity: Including beer, wine and cough medicines containing alcohol
- Anti-nausea medication: Dramamine, Compazine, Phenergan, Bonine, etc.
- Anti-vertigo medication: Antivert, Meclizine, etc.
- Antihistamines or any over-the-counter cold remedies.

The test will take about 1 to 1 ½ hours.

- We ask that women do not wear any eye makeup on the day of the test.
- Please dress comfortably.
- We would appreciate if you would bring a list of the medications you are currently taking.

BALANCE TESTING

Videonystagmography (VNG) is a test of your balance system. The VNG evaluation is the recording of nystagmus or eye jerks by a camera. There are neural connections that stretch from the balance mechanism in the inner ear to the muscles of the eye. A disorder of the balance mechanism results in small eye jerks that can only be detected by a sophisticated computer. A camera attached to a pair of goggles records these eye jerks during a series of tasks. The balance mechanism is monitored during tasks that consist of looking back and forth between designated points, following moving lights, lying in different positions, shaking your head, and lying down and sitting up quickly. The final portion of the test requires putting cool and/or warm air in the ear canal for roughly 60 seconds in order to determine if the balance mechanism of each ear can increase and decrease normally in response to stimulation. Some individuals become dizzy for 2-5 minutes, but most are able to drive home after the test without difficulty. If you are concerned about not being able to drive afterwards, please arrange for someone to transport you.