

VNG Patient Instructions

Dear Patient:

VNG testing requires an appointment of 45 minutes to complete. Occasionally your doctor may also request additional tests be performed.

INFORMATION REGARDING YOUR TEST:

DRIVER: Occasionally testing will aggravate dizziness. You must have someone to drive you home as you may not feel well enough to do so. Those without rides will be rescheduled.

PROCEDURE: The purpose of vestibular testing is to evaluate the function of your balance system. Testing uses video goggles placed over the eyes (**VNG**). VNG record eye movements that will provide your physician with information about your brains ability to coordinate balance signals, react to changes in position, and to determine the function of your inner ears.

Many portions of testing can be influenced by medications and/or medical conditions. Therefore we ask that you read and adhere to the following instructions:

MEDICATIONS: It is important that **NONE** of the **FOLLOWING MEDICATIONS** be taken for **48 hours**.

Antihistamines (Allergy meds), Sleeping Pills/Sedatives, Barbiturates, Anti-dizzy pills, Muscle relaxants, Decongestants, Cough or Cold meds, Nose or Bronchial sprays, Tranquilizers (Valium, etc), Pain pills (Vicodin, Codeine, Tylenol w/codeine etc...), Pills or Patches for nausea or motion sickness,

NO Nicotine, caffeine, or alcoholic beverages (including wine or beer) for at least 24 hours prior to test.

SUGGESTIONS:

Please eat only a light breakfast or lunch prior to testing.

NO MAKEUP, including: eye liner, mascara, foundation. (Lipstick is okay)

Dress comfortably

IMPORTANT:

DO NOT stop taking any life-supporting medications (Insulin, Digitalis, Dilantin, etc.). Please contact the office of the physician that referred you for the VNG test if you have any questions about whether or not a medication should be stopped.