

Patient Name: _____ DOB: _____

VIDEONYSTAGMOGRAPHY (VNG) INSTRUCTIONS

You have been scheduled for a videonystamography evaluation on: _____
at _____. The VNG test is designed to give your physician information about the function of the inner ear balance system. The test requires approximately 90 minutes to complete and is painless.

PROCEDURE

A set of goggles with cameras above both eyes will be placed on your face. These cameras are designed to monitor your eye movements in response to different stimuli: visual, body position and stimulation of the inner ear by placement of warm and cool air in the ear canal. Although most people experience some dizziness during the test, the dizziness usually subsides by the completion of the test, it is recommended that you arrange for transportation to and from the test.

IMPORTANT

Due to the sensitivity of this test, certain drugs may affect the accuracy. For this reason, it is extremely important that you follow the directions. If you are taking medications that cannot be discontinued due to the health: heart, blood pressure, seizure control, diabetes etc., please continue taking them and inform the audiologist of these medications the day of the testing.

- 1) YOU MUST **DISCONTINUE** THE FOLLOWING FOR 2 DAYS (48 HOURS) PRIOR TO THE TEST
 - * ANTI DIZZY MEDICATIONS (Meclizine, Scopolamine, Phenergan, etc)
 - * TRANQUILIZERS/SLEEPING AIDS/SEDATIVES (Valium, Ativan, Xanax, Librium, Vistaril, Triavil, Atarax, etc.)
 - * DECONGESTANTS/ COLD MEDICATIONS
 - * ANTIHISTAMINES (Benadryl, Dimatapp, Actifed, Sudafed, Triaminic, Zyrtec, Claratin, etc.)
 - * MUSCLE RELAXANTS
 - * PAIN MEDICATIONS (Tylenol is okay)
 - * ALCOHOL: Includes beer, wine and medication containing alcohol (Nyquil)
 - * ILLICIT DRUGS (Marijuana, Methadone, etc.)
 - * ANTIDEPRESSANTS (Please contact our office in regards to these medications)
 - * BARBITUATES (Phenobarbital, Seconal, Vicodin, Percodan, Darvon, Darvocet, Demeral, Codeine, etc.)
- 2) AVOID TOBACCO (Smoking, Chewing or Nicotine) ON DAY OF TEST
- 3) SINCE YOU WILL BE IN VARIOUS POSITIONS PLEASE WEAR COMFORTABLE CLOTHES.
- 4) **DO NOT WEAR ANY EYE MAKEUP.** YOU WILL BE REQUIRED TO REMOVE MAKEUP AT THE EXAM.
- 5) AVOID EATING HEAVY MEALS 4 HOURS PRIOR TO EXAMINATION.

Due to the extended length of time required for an ENG visit, we require a minimum of 48 business hours' advance notice of cancellation in order to avoid a \$50 cancellation fee.

It is important the medications listed above not to be taken. If taken the test will be rescheduled, your cooperation in following these instructions is appreciated.

Acknowledged by: _____ Date: _____