



VIDEONYSTAGMOGRAPHY (VNG) PATIENT INSTRUCTIONS

You have been scheduled for a test of your balance system. This simple procedure will take approximately 60-90 minutes. During the test, goggles will be placed over your eyes to measure your eye movements, and information will be collected to determine if you have any balance problems related to your inner ears.

REQUIREMENTS FOR THIS TEST:

- Do not wear any eye makeup, including mascara or eyeliner
- Do not eat, drink or smoke for two hours prior to your testing
- If you wear contacts, bring a case and solution with you to the appointment
- Since you may feel dizziness during the VNG, it is recommended that you have someone drive you home after the test
- Dress comfortably/casually

Certain medications and all alcoholic beverages affect the results of this test. We ask that you refrain from the following, with doctor's approval, **for 48 hours (two days) prior to testing:**

- Sleeping pills
- Tranquilizers & sedatives
- Antihistamines & decongestants
- Anti-dizziness medications (e.g. Antivert or Meclizine)
- Pain medications
- Diuretics
- Muscle relaxants
- Anti-anxiety medications
- Caffeine (e.g. coffee, soda, chocolate, etc.)
- Alcoholic beverages

Some medications such as heart medication, blood pressure medications, insulin, hormone replacements and birth control pills do NOT affect the results of this testing. Please continue to take these or any other medications approved by the physician who ordered the VNG. If you are unsure, please contact our office at **(262) 241-8000** to discuss this with the audiology department.

Please call at least 24 hours in advance should you need to cancel or reschedule this appointment. Thank you.