

INSTRUCTIONS FOR VNG

It is important to adhere to the following instructions before having an VNG test:

- No alcohol or caffeine intake for at least 48 hours before the test.
- No smoking for 12 hours before the test.
- No sleeping tablets (e.g. Barbiturates, Valium, Serapax, etc.),
- No medication for dizziness or nausea (e.g. Stemetil, Stugeron or Serc etc.), nor any antihistamines for at least 4 days before the test.
- Patients should refrain from using eye make-up. You may bring your make-up with you to touch up before your leave.
- Ensure ears are free of wax (ask your doctor to check them).
- Medication for heart, blood pressure, depression, anxiety and epilepsy should be continued. If you are unsure of whether the medication you are taking will affect the test, please give us a call.
- Some of the tests may make you feel dizzy, off-balance or nauseous. Although these sensations should not last long, it is advisable to have someone available to drive you home after the appointment.