

## Videonystagmography (VNG)

A VNG has been ordered by your physician to help determine the cause of your dizziness or balance problem. The procedure is painless, and will last 60-90 minutes. During the test, eye movements will be recorded while you follow lights, lay in different positions, and while warm and cool air are introduced into each ear canal. Recordings will be made with infrared goggles.

It is important that you follow the instructions listed below to help insure that we obtain accurate test results.

1. Medications greatly influence the test results. For **48 hours prior to the test**, do **NOT** take any of the following medications as they will affect the test results:
  - a. Antihistamines/Decongestants/Cold pills – (Dimetapp, Benadryl, Triaminic, Claritin, or any other over the counter cold medication)
  - b. Sedatives/Sleeping pills – (Xanax, Halcion, Restoril, Ambien, or any other sleeping pill)
  - c. Tranquilizers – (Valium, Librium, Atarax, Serax, or any other tranquilizer)
  - d. Pain relievers/Analgesics/Narcotics – (Aspirin, Codeine, Demerol, Percocet, or any other narcotics)
  - e. Stimulants, Amphetamines, or any appetite suppressants.
  - f. Anti-nausea/anti-dizziness medication – (Antivert, Meclizine, Dramamine, Diuretics, or any other anti-dizziness medication)
2. Vital medication **SHOULD NOT** be stopped. Continue to take medications for heart, blood pressure, thyroid, anticoagulants, birth control, antidepressants, and diabetes. If you are unsure about discontinuing a particular medication, please call your prescribing physician to determine if it is medically safe for you to be without them for 48 hours.
3. Do **NOT** wear any eye makeup, including dark eye shadow, eye liner, or mascara. These products may interfere with the recordings.
4. Do **NOT** drink alcohol beverages for **48 hours prior to the test**.
5. Do **NOT** drink coffee, tea, cola, energy drinks, or other caffeinated beverages for **24 hours prior to the test**.
6. Do **NOT** use Tobacco and/or nicotine for **24 hours prior to the test**.
7. Try to get a full night's sleep before the test.
8. Wear comfortable clothing that allows you to move easily (if female, do not wear a skirt or dress).
9. You may eat a light, bland meal 3 hours prior to the test. Avoid foods that are spicy, acidic, or greasy.
10. If you wear contact lenses, you may wear them.
11. Bring someone with you. The test may leave you with a short-lived feeling of imbalance, and it is helpful to have someone else drive you to and from the test.

If you have any questions about the test, or about these instructions, please call and talk to your physician or audiologist as soon as possible.