

## VNG INSTRUCTIONS

### INFORMATION REGARDING YOUR TEST

Dear Patient: Your doctor has recommended vestibular testing (VNG) for you (dizziness and balance testing). While a VNG takes about 60 minutes to complete, it is often done with a battery of other tests and your appointment may take up to 3 hours.

**PROCEDURE:** The purpose of vestibular testing is to evaluate the function of your balance system. Testing uses video goggles placed over the eyes. The test records eye movements that will provide us with information about your brain's ability to coordinate balance signals react to changes in position, and to determine the function of the balance system in your inner ears.

#### PRE-TEST INSTRUCTION

- ✓ Do not wear eye or face make-up
- ✓ Do not use lotion on the face
- ✓ Do not eat for several hours prior to testing
- ✓ Dress comfortably
- ✓ Bring a current medication list
- ✓ Refrain from caffeine, nicotine and alcohol for at least 24 hours prior to testing

#### MEDICATIONS

It is important that NONE of the following medications be taken for a minimum of 24 hours prior to testing as they may interfere with test results. When in doubt, please contact your physician.

Antihistamines (Allergy Medications)

Sleeping Pills/Sedatives

Barbiturates

Anti-Dizzy Pills

Muscle Relaxants

Decongestants

Cough or Cold Medications

Nose or Bronchial Sprays

Tranquilizers (Valium, etc.)

Medication or patches for nausea/motion sickness

Pain Pills (Vicodine, Codeine, Tylenol with Codeine)

**IMPORTANT:** DO NOT stop taking any life supporting medications (Insulin, Digitalis, Dilantin, blood pressure medications, seizure medications, heart medications, etc.). When in doubt, contact your physician.

\*You may become dizzy during or after testing. Please make arrangements for someone to drive you home if necessary.

Note: We set aside up to 3 hours for testing. Cancellation is required at least 24 hours in advance to avoid a \$50.00 cancellation fee.

Please do not hesitate to call with any questions at 716-362-0471. Thank you.