

## **\*\*Please read the following instructions 48 hours prior to testing\*\***

Test results are contingent on following the instructions below, please read carefully. Failure to comply with pre-test instructions could result in inaccurate test results or rescheduling of appointment.

### **VNG Pretest Instructions:**

#### **Medications**

Certain medications can alter the VNG results, therefore please discontinue the use of medication that is not life-sustaining 48 hours prior to testing. **Continue to take medications for heart conditions, blood pressure, diabetes, and seizures.**

Discontinue the use of the following medications 48 hours prior to testing:

- Anti-dizziness medications (Antivert, **Meclizine**, Bonine, Dramamine, etc. )
- Antihistamines (e.g. Claritin, Allegra, Flonase, etc. )
- Cold or allergy medications (e.g. Benadryl, Advil Sinus, Nyquil, etc.)
- Sleeping pills (e.g., Unisom, Ambien, etc.)
- Tranquilizers and Sedatives (e.g. Valium, Ativan, Xanax)
- Anti-depressants (Barbituates)
- Pain medications (exceptions are Tylenol and Advil)
- Anti-nausea medications (Compazine, Phenergan, etc.)

\*Please continue the use of life-sustaining medications such as medications for blood pressure, the heart, diabetes, and thyroid.

\*\*Please consult your prescribing physician before discontinuing the use of any medication.

#### **Food and Drink**

- No alcoholic beverages for 48 hours prior to testing
- No caffeine or nicotine for 24 hours prior to testing
- No food or drink for 4 hours before exam

#### **Dress**

- Wear something comfortable the day of testing (i.e. pants instead of a skirt or dress)
- **Do not wear make-up (especially eye make-up) the day of testing.**

## **Post-test**

Since testing can provoke dizziness, it is highly recommended that you have a driver available to give you a ride home. It is not necessary for the driver to be present during the entire appointment, although you are welcome to bring a family member into the appointment if desired.

## **What is a VNG?**

VNG stands for videonystagmography. Your doctor has ordered this test to help determine a cause for your dizziness. The results of this test are used to develop a rehabilitation plan, or to determine if further testing is needed.

Although your balance system is located primarily in the inner ear, it is connected with the brain and brainstem, the eyes, and the sensory nerves throughout your body. The VNG tracks eye movement through video recording techniques in order to get an understanding of how the balance system is functioning.

## **What should I expect during VNG testing?**

During VNG testing, video goggles will be placed over your eyes to record eye movement. The majority of this testing is performed in the dark to enhance recordings.

There are multiple tests performed during a VNG appointment. For some of the tests you will be seated, observing the movement of light targets. For other tests you will be lying down with warm and then cool air introduced into each ear canal (one at a time). For positional testing, the audiologist will move your head and body in different positions to check for motion induced dizziness.

Please plan on 1.5 hours for testing.