

The Ear, Nose, Throat and Plastic Surgery Associates

VNG Instructions

You have been scheduled for videonystagmography (VNG) testing
on _____, at _____ AM / PM.

Please arrive 15 minutes prior to your appointment. If you arrive after your appointment time for any reason, your appointment may be rescheduled. If you need to reschedule your appointment, please do so at least 72 hours prior to your appointment. This allows us to schedule another patient for that appointment.

VNG testing is designed to give your physician or physician assistant information regarding the source of your dizziness, vertigo, or imbalance symptoms. We are assessing the inputs from your inner ears and from your brain for a weakness that may be causing your symptoms. The test requires **ONE HOUR** to complete. You will not receive the results at your testing appointment. A follow-up with the ENT provider who referred you for the testing will be scheduled to go over the results and any recommendations he or she may have.

Throughout the VNG test, you will be wearing infrared goggles to monitor your eye movements. The last portion of the test may induce a sensation of dizziness or vertigo but this effect is brief and temporary. If you would like, you may have someone drive you to and from the appointment in case you experience dizziness during this last portion. There is no pain or needle sticks associated with this test.

Pre-Test Instructions

****Please read these instructions 48 hours before your appointment****

Following these instructions is important for an accurate and reliable test result. Failure to follow these instructions may result in the rescheduling of your appointment.

1. Discontinue listed medications (on next page) 48 hours prior to your appointment.
2. NO alcoholic beverages or any liquid containing alcohol 48 hours prior to your appointment.
3. NO caffeine, including caffeinated beverages and medications (e.g. diet pills) 24 hours prior to testing.
4. NO tobacco products the day of your appointment.
5. Do not eat four hours prior to your appointment. If you must eat for health reasons, please eat something very light.
6. Please thoroughly wash your face before your appointment and remove ALL makeup (including mascara).
7. Dress comfortably.

INSTRUCTIONS CONTINUED ON NEXT PAGE

Medications List

Avoid these listed medications for **48 hours** prior to testing. If a medication is NOT listed, it does not have any effect on the testing and you may keep taking it. You may bring any listed medication with you and may take it as soon as testing is completed.

Pain medications, including:

- Acetaminophen (Tylenol, Tylenol PM, etc.)
- Aspirin (including anything that contains aspirin)
- Codeine (including anything that contains codeine)
- Ibuprofen (Excedrin, Midol, Motrin, etc.)
- Naproxyn (Aleve)
- Darvocet
- Medication for migraines

Anti-anxiety medications (if allowed by prescribing physician) including:

- Valium/Diazepam
- Ativan/Lorazepam
- Pamelor/Nortriptyline
- Compazine
- Xanax
- Prozac
- Zoloft

Anti-nausea medications, including:

- Antivert/meclizine
- Valium
- Phenergan
- Dramamine/Bonine
- Scopolamine (transderm patch)

Diuretics/water pills, including:

- Dyazide
- Neptazane
- Maxide
- Lasix

Sleep Medications, including:

- Ambien
- Tylenol PM
- Halcion

Allergy Medications, including:

- Antihistamines
- Decongestants

If you have any questions about discontinuing a listed medication, please contact the physician who prescribed the medication.

If you are unable to stop taking a listed medication, please let us know when you arrive for testing so that we may note the specific medication in the testing report.