



OTOLARYNGOLOGY/ FACIAL PLASTIC & RECONSTRUCTIVE SURGERY/ PEDIATRIC E.N.T./ AUDIOLOGY & HEARING AIDS

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**PLEASE READ CAREFULLY**

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**Videonystagmography (VNG) Pre-Testing Instructions:** Videonystagmography (VNG) testing has been recommended for you. Please read all instructions and then fill out the paperwork and mail it back to us. **When we receive your completed paperwork, a staff member will call you to schedule the test.** VNG testing takes about 2 to 2.5 hours. A hearing test may also be done. Videonystagmography is performed to evaluate the function of the inner ear and central motor function. During the testing your inner ear and central motor balance system will be stimulated by watching and following moving lights, with different head and body positions, and by circulating cool and warm water into your ear canals. Goggles with small infrared cameras will be worn to measure and record your eye movement. You may experience some sensation of movement during various portions of the test. Most patients report that any dizziness experienced during the VNG was mild compared to their symptomatic dizziness.

**Instructions for Preparing for Test Date:**

- On the day of the test, do not wear make-up, especially eye make-up.
- Do not wear contact lenses, but do bring eyeglasses if needed.
- Dress comfortably, as you will be sitting and lying on an exam table for the duration of testing.
- Avoid solid foods 2 to 4 hours before the test.
- Avoid alcoholic beverages (and liquid medicine containing alcohol) 24 hours before the test.
- Because this test may cause you to feel dizzy, we recommend that you have someone drive you home from your appointment.
- Discontinue all medication 48 hours prior to the test **except:**
  - 1) maintenance medication for your heart, blood pressure, diabetes, or seizures
  - 2) medications from which you would experience serious withdrawal effects
  - 3) any medications deemed by your physician to be necessary

**If possible, discontinue use of the following drugs for 72 hours prior to your test (consult the prescribing physician when in doubt). These substances can influence the body's natural response to this test and influence the test results.**

- Anti-depressants: including Elavil, Pamelor, Prozac, Lithium, etc.
- Anti-histamine medications: including Benadryl, Disophrol, Actifed, Allegra, Claritin, Seldane, etc.
- Anti-nausea medications: including Dramamine, Compazine, Vontrol, Phenergan, Thorazine, Transderm.
- Anti-vertigo medications: including AntiVert, Meclizine, Scopolamine, etc.
- Narcotics and Barbiturates: including Phenobarbital, Codeine, Demerol, Dilaudid, Percoset, etc
- Sedatives: including Nembutal, Seconal, Dalmane, Placidyl, Butisol, or any other sleeping pills.
- Marijuana and Cannabis Derivatives: both THC and CBD varieties, whether smoked or eaten
- Tranquilizers: including Valium, Librium, Atarax, Vistaril, Equanil, Etrafon, Xanax, Ativan, Sarafem, etc.

**Failure to comply with these instructions may result in your appointment being rescheduled for a later date.**

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Clinical Audiologist