

ENT Associates of San Diego

Ear, Nose and Throat Associates of San Diego
A Medical Corporation

Otolaryngology for Adults and Children
Head and Neck Surgery

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VNG Patient Instructions

VNG testing requires 45 minutes to complete. Occasionally, your doctor may also request that additional tests be performed. Your appointment is scheduled for:

PATIENT NAME: _____

APPOINTMENT DATE: _____ APPOINTMENT TIME: _____

INFORMATION REGARDING YOUR TEST

DRIVER: Occasionally, testing will aggravate dizziness. You must have someone drive you home as you may not feel well enough to do so. If you do not have someone to drive you home, your appointment will be rescheduled.

PROCEDURE: The purpose of vestibular testing is to evaluate the function of your balance system. Video goggles will be placed over the eyes. Your eye movements will be recorded, which will provide your physician with information about your brain's ability to coordinate balance signals, react to changes in position, and to determine the function of your inner ears.

MEDICATIONS: Many portions of testing can be influenced by medications and/or medical conditions. Therefore, we ask that you read and adhere to the following instructions. Please do **not** take any of the following medications for 48 hours prior to the testing:

- Antihistamines (allergy medications)
- Sleeping pills/sedatives
- Barbiturates
- Anti-dizzy pills
- Muscle relaxants
- Decongestants
- Cough or cold medicines
- Nose or bronchial sprays
- Tranquilizers (Valium, etc.)
- Pain pills (Vicodin, codeine, Tylenol w/codeine, etc.)
- Pills or patches for nausea or motion sickness
- **NO** nicotine, caffeine or alcoholic beverages (including wine or beer) for at least 24 hours before the tests.

IMPORTANT: Do **NOT** stop taking any life-supporting medications (insulin, Digitalis, Dilantin, etc.). Please contact our office if you have any questions about whether or not a medication should be stopped.

ADDITIONAL INSTRUCTIONS:

- Do not wear eye makeup or face makeup.
- Do not use lotion on the face.
- Do not wear contacts.
- Eat only a light meal prior to testing.
- Clean ears of any wax before your appointment.
- Dress comfortably.
- Bring a current medication list, if this was not already provided to our office.