

Washington Ear, Nose and Throat
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VIDEONYSTAGMOGRAPHY (VNG) PRETEST INSTRUCTIONS

Your doctor has ordered a vestibular test to evaluate your balance system.

Your VNG test has been scheduled for _____ at _____ am/pm

The following set of instructions has been designed to ensure that the testing accurately assesses your balance function. It is very important that you follow the instructions prior to arrival. Please feel free to contact our office if you have any questions about these instructions, or about the test itself. If you find it necessary to cancel your scheduled appointment, please notify us 24 hours in advance.

The balance system of the ear and the brain are evaluated by recording eye movement in response to changes in head position, viewing moving objects, motion of the body, and/or thermal stimuli (warm and cold) applied to the ear canal. Special cameras are used to measure these eye movements. VNG testing lasts approximately 1 hour.

BEGINNING 2 DAYS PRIOR TO YOUR APPOINTMENT

- Do not drink **ANY** beverages that contain any alcohol. (Also Note: Many cough suppressants contain up to 15% alcohol)
- Stop taking the following types of medications **48 HOURS** prior to testing:
 - Sleeping Pills (e.g., Ambien, Dalmane, Nembutal, etc.)
 - Tranquilizers or sedatives (e.g., Klonopin, Librium, Paxil, Valium, Xanax, etc.)
 - Narcotics/Barbiturates (Codeine, Demerol, Percodan, Vicodin, etc.)
 - Antihistamines, including most cold and allergy medications (e.g., Allegra, Benadryl, Claritin, Clarinex, Tylenol Cold/Sinus, Zyrtec, etc.)
 - Medications for vertigo or dizziness (e.g., Antivert, Compazine, Dramamine, Meclizine, etc.)
 - Alternative Medications (e.g., Gingko, Kava, Valerian, etc.)
- **DO NOT** stop taking any medication for blood pressure control, cardiac or circulatory problems, diabetes, seizures or other medications for similar medical disorders.
- If you have questions regarding which medications you can take, please feel free to contact our office.

THE DAY OF YOUR APPOINTMENT

- Avoid eating 3 hours before the test. If you are diabetic, or have a similar disorder, eat a light meal, and continue your regular routine.
- Do not apply eye make-up (especially eyeliner and mascara). These products may interfere with video recordings.
- Dress comfortably in loose fitting slacks and shoes with flat heels.
- Some patients see an increase in their dizziness or balance-related symptoms immediately after the testing. If possible, arrange to have someone drive you home from the testing. The testing will take anywhere from 45 minutes to an hour and a half.

If you have a neck or back condition, a seizure disorders, or significant hearing or vision difficulties, please notify the office before the test so that precautions can be taken.