

VNG Evaluation

You are scheduled for an appointment for a VNG (Videonystagmography) evaluation on _____ at _____.

The VNG is a test of the balance system performed by an Audiologist and takes about 1 ½ hours. The evaluation will try to duplicate the dizziness you have been experiencing. The test is also designed to further evaluate complaints of dizziness and imbalance, to help distinguish the source of your problem; one or both ears, brain/brainstem or other parts of the balance system. Certain medications may affect the results of this test. In order to prevent this from happening, **it will be**

necessary for you to stop taking any of the following medications for 2 days (48 hours) prior to the time of your appointment.

- 1) No Anti-dizziness or nausea medications including patches. Example: Antivert, Meclazine, Dramamine, Bonine, Phenergan. 48 hours prior to test
- 2) No Sleeping Pills or tranquilizers. Example: Dalmane, Restoril, Valium, Xanax, Librium, Phenobarbital. 48 hours prior to test
- 3) No Antihistamines or cold capsules. Example: Benadryl, Dimetapp, Sudafed and other over the counter cold medicines. 48 hours prior to test
- 4) No Barbiturates, Sedatives, Antidepressants or Muscle relaxants. 48 hours prior to test
- 5) No Caffeine or Alcohol. Example: coffee, tea, colas, or any medications with alcohol or caffeine content. (including aspirin) 48 hours prior to test
- 6) No Smoking 24 hours prior to test.
- 7) **No Eating or Drinking** at least 4-6 hours prior to test. If you are diabetic you may eat what you need to get you by.
- 8) Dress comfortably and **DO NOT** wear make-up.
- 9) **As a courtesy to the Audiologist, and to prevent interference with our equipment, please turn your cell phone OFF before the test.**

STAY ON ALL DIABETES, HEART, BLOOD PRESSURE, SEIZURE, CHOLESTEROL, OR THYROID MEDICATIONS. The day of the test you can drink just enough water to get these pills down.

PLEASE CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE EVALUATION OR WHAT MEDICATIONS MAY OR MAY NOT BE TAKEN PRIOR TO THE TEST.

Kindly give 24 hours notice for any cancellations or to reschedule, otherwise there will be a \$25.00 office charge.