

VIDEONYSTAGMOGRAPHY (VNG) INSTRUCTIONS

This test will evaluate your balance system. It involves wearing goggles that have a camera attached that records your eye movements during the test. There are three parts to the test: eye movement tasks, head and body positioning and direct stimulation of the balance system. During this last section, we will stimulate your balance system by inserting air into your ears. This may make you dizzy but will last only a few minutes. This procedure is painless and non-invasive.

THE FOLLOWING INSTRUCTIONS MUST BE ADHERED TO PRIOR TO THIS TEST:

1. Do NOT eat or drink anything for three hours prior to the test.
2. Please dress in comfortable clothing. We will be moving your body in different positions.
3. Do NOT wear eye makeup .
4. Please have someone drive you to and from this appointment. This is for your safety in case you become dizzy or nauseous during the testing.
5. Do NOT drink alcohol for 48 hours prior to the test.
6. Please fill out "Dizzy Questionnaire" and bring to your appointment.
7. Certain medications will interfere with the test results. Do NOT take the following medications for two days prior to this test:

*ANTI- DIZZY MEDICATIONS- Including Dramamine, Compazine, Bonine, etc.

*ANTI-NAUSEA MEDICATIONS-Including Antivert, Meclizine, Zofra, etc.

*TRANQUILIZERS-Including Valium, Librium, Equanil, Serax, Antaraz, etc.

*SEDATIVES/SLEEPING PILLS-Including Nembutal, Ambien, Seconal, Dalmane, Butisol, etc

*NARCOTICS/BARBITUATES-Including Phenobarbital, Codeine, etc.

*ANTI-DEPRESSANTS OR ANTI-ANXIETY-Including Celaxa, Zoloft, Paxil, Effexor, Xanax, Prozac,etc

*ANTI-HISTAMINES-Including Benadryl, Claritin, Allegra, Zyrtec, Chlor-Trimeton and over the Counter cold medications, etc.

FAILURE TO FOLLOW THE ABOVE DIRECTIONS WILL RESULT IN THIS TEST BEING RESCHEDULED.

This test takes approximately one hour. Failure to cancel this test with less than two business days notice will result in a \$150.00 charge.

YOUR APPOINTMENT IS SCHEDULED FOR:
