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## Videonystagmography (VNG)/New Patient Instructions

Your appointment time has been scheduled for \_\_\_\_\_ at \_\_\_\_\_.  
If you have questions or need to reschedule your appointment, please contact us. Testing time totals approximately 2 hours.

Videonystagmography (VNG) is a group of tests used to study your balance system. A pair of goggles, with a camera, records your eye movements under different situations (e.g. with a series of lights on a television or after air (warm and cool) are introduced to the ear canal). The test is not painful and does not leave ill effects however, you may notice temporary dizziness for a few seconds during parts of testing.

### **Medication for diabetes, hypertension or heart disease SHOULD NOT BE DISCONTINUED.**

To ensure accurate test results avoid using any of the following for **48 hours PRIOR to testing**. Consuming any of the following may result in the need to reschedule your testing. Please contact your doctor if you have any reservations about discontinuing any medication. This list is not exhaustive thus if you have any questions regarding the effect of any medications on the test, please contact our office.

1. **Alcohol** in any amount.
2. **Marijuana** in any amount.
3. **Prescription Pain Medication:** Codeine, Demerol, Tylenol with codeine, Hydrocodone etc.
4. **Anti-seizure medication (CONSULT YOUR PHYSICIAN FIRST):** Dilantin, Tegretol, Phenobarbital etc.
5. **Anti-vertigo/motion sickness** (prescription and over the counter): Antivert, Dramamine, Zofran, Phenergan etc.
6. **Sedatives:** Halcion, Restoril, or any sleeping pills (including over the counter PM medications) etc.
7. **Tranquilizers:** Valium, Atarax, Topamax, Ativan, Trazadone, Xanax, Prozac, Celexa, Paxil, Zoloft, Cymbalta etc.
8. **Caffeine:** coffee, tea, soft drinks, energy drinks etc. Decaf substances are allowed.
9. **Antihistamines:** Benadryl, Claritin, Zyrtec, Xyzal, any over the counter cold medications.

The use of **nicotine** should be avoided **2 hours prior** to testing.

Due to the nature of testing and the possibility of dizziness it is recommended that:

1. Someone accompany you to and from testing.
2. You get a full night's sleep before the test.
3. Avoid heavy meals **2 hours before** the test, if needed.
4. Wear loose, comfortable clothing --- preferably no skirts or dresses as you will be lying down during testing.
5. **DO NOT WEAR EYE MAKE-UP (MASCARA, EYELINER OR SHADOW)**