

VIDEONYSTAGMOGRAPHY (VNG) INSTRUCTION SHEET

Your Physician has ordered Videonystagmography (VNG) testing to help determine the cause of your dizziness and/or balance problem.

The appointment will last approximately 1 to 1 ½ hours. Testing is non-invasive, painless and relatively easy. An Audiologist will record your eye movements via cameras located inside goggles that are placed over your eyes. Neural connections stretch from the balance or vestibular portion of the inner ear and part of the brain that process signals sent by the inner ear.

The VNG test involves the following series of procedures:

- Eyes follow a light that moves in a variety of different ways on a screen
- Moving your head in different positions
- Lying down quickly and sitting up
- Cool and warm air blown into each ear canal

Please review the following instructions prior to your scheduled appointment:

- ✓ Do not wear any make-up, especially **NO EYE MAKE-UP**
- ✓ No food or beverages 3 hours prior to testing; a light meal or snack and water are okay if needed.
- ✓ Wear comfortable clothing (preferably pants) that allow you to move easily.
- ✓ You may want someone to drive you to and from the appointment or available to pick you up, just in case you continue to feel dizzy or nausea following testing. Generally, these symptoms will pass within a few minutes.
- ✓ **Discontinue 48 hours (2 days) prior to testing** the following drugs that may act as inner ear suppressant, therefore making the VNG testing invalid and may result in rescheduling of the test:
 - **Anti-vertigo/Dizziness medication: Meclizine, Antivert, Ruvert, etc....**
 - **Anti-nausea medication:** Dramamine, Scopolamine (Transderm Scop), Phenergan, Compazine, Marezine, Thorazine, Scopace, Reglan, Anergan, Tigan, etc..
 - **Antihistamines/Decongestants:** Benadryl, Sudafed, Actified, Chlor-Trimeton, Contac, Dimetapp, Dristan, Triaminic, Trinalin, Dimetane, Tavist-1, Astelin, Loratadine, Zyretc, Clarinex, Allegra, Claritin, etc...
 - **Narcotics/Barbituates:** Vicodin, Lortab, Tussionex, Oxycodone, Percodan, Darvon, Codeine, Perocet, Demerol, Phenaphen, Phenobarbital, Dilaudid, etc...
 - **Sedatives:** sleeping pills like Lunesta, Ambien, Restoril, Dalmane, Secondal, Nembutal, Butisol, Halcion, etc...
 - **Tranquilizers (Anti-Anxiety):** Valium, Librium, Xanax, Vistaril, Triavil, Atarax, Equanil, Serax, Miltown, Elavil, Stelazine, Ativan, etc...
 - **Alcohol:** Alcoholic beverages, liquid medicines containing alcohol, such as cough syrups
 - **No caffeinated beverages (coffee) or cigarettes for 2 hours prior to appointment.**

If you take any of the above mentioned medications on a daily basis, please continue to do so. **Do not discontinue life-sustaining medications.** If you have any concerns about discontinuing your medications for the VNG testing, please contact our office prior to your appointment **(770) 427-0368**.