



Audiologists

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VIDEONYSTAGMOGRAPHY (VNG) PRE-TEST INSTRUCTIONS

A VNG evaluation has been ordered by your physician to evaluate the function of your balance system and central motor system. The procedure will last 60-90 minutes and is performed by a Doctor of Audiology. During the test you will be wearing video goggles that monitor your eye movements while you are watching a series of lights on the wall, while being asked to lie in various positions, and while having your ears irrigated with warm and cool air. If your right eye has significantly decreased vision, please call us **BEFORE** your appointment.

IN ORDER TO OBTAIN ACCURATE RESULTS PLEASE READ THE FOLLOWING:

1. **Discontinue the use of the following medications 48 hours prior to your test** (these substances can influence the body's response to this test and give false positives):
 - ❖ Anti-vertigo medications: such as Meclizine, Antivert, Dramamine, Phenergan
 - ❖ Antihistamines: Benadryl, Allegra, Claritin, over-the counter cold remedies, decongestants
 - ❖ Anti-depressants: Elavil, Prozac, Lithium, Pamelor
 - ❖ Sedatives, tranquilizers, or sleeping pills: Valium, diazepam, Ativan, Lorazepam, Xanax, Clonazepam, Tylenol PM
 - ❖ Narcotics: Phenobarbital, Codeine, Demerol, Percodan

If you are unsure about a medication, please call your prescribing physician before discontinuing.

2. Vital Medications **SHOULD NOT** be stopped. Continue to take medications for heart, blood pressure, diabetes, thyroid, anticoagulants, and birth control.
3. **DO NOT eat 4 hours** prior to your VNG. If you are a diabetic you may eat a light meal.
4. **AVOID CAFFEINE and ALCOHOL 48 hours** prior to your VNG.
5. **DO NOT wear any make-up.** Eye make-up especially will affect the accuracy of test results.
6. If you normally wear contact lenses you may be asked to remove them before testing.
7. Wear comfortable clothing that allows you to move easily.

Failure to comply with the above instructions may result in the need to reschedule your testing.

Your VNG will be performed at 2515 Foresight Circle Suite 200 location in Grand Junction 81505. **YOU WILL BE RESCHEDULED IF YOU ARE MORE THAN 15 MINUTES LATE.** The test is NOT painful but may result in some mild dizziness for a period of time following the test. For safety reasons please arrange for someone to drive you home after the appointment.