



## Pre-Test Instructions for Video Nystagmography (VNG)

**What is a VNG?** By recording and measuring eye movements, the VNG can assess the function of your inner ear, brain, and balance system to determine the cause of your symptoms.

**Please have your physician check to make sure your ears are clear and free of wax prior to your appointment.** Why? Because this test requires that your ear canals are free of wax and that your eardrums are intact.

**Important information and instructions. Please read these immediately.**

**Certain medications may interfere with the test results. It is important that you read and comply with these instructions. DO NOT STOP TAKING MEDICATIONS FOR HIGH BLOOD PRESSURE, SEIZURES, DIABETES, OR OTHER DISORDERS.**

**2 days prior to your appointment: Discontinue all medications for dizziness** (Antivert, meclizine, Dramamine Scopolamine, valium) If unsure, consult your physician.

**24 hours prior to your appointment: Alcohol or caffeine must be discontinued** (including wine, beer, & cough medicines containing alcohol).

**And, it is necessary that you DISCONTINUE the following medications:**

1. Anti-nausea medicine (Dramamine, Bonine, Marezine, Phenergan, Thorazine)
2. Antivertigo medicines (Antivert, meclizine, Dramamine Scopolamine, etc)
3. Narcotics or Barbituates (Codeine, Demerol, Percodan, Hydrocodone, Vicodin)
4. Antihistamines or any over-the-counter cold remedies

### **On the day of your appointment**

- Do not wear make-up or apply oils or lotions to your face the day of the evaluation. This is important for assessing eye movements correctly.
- Wear comfortable clothing.
- Do wear your eye glasses. Comfortable contacts may be worn, but are not recommended if you have dry eyes or irritation.
- Bring someone with you to drive you home. Some people may continue to feel a little dizzy after the testing. Most people, however, feel fine after a few minutes.
- Arrive on time or reschedule your appointment if necessary. Because this test takes 1-2 hours, a late or absent person greatly affects our schedule.
- **Do not have any food or beverages for four (4) hours before the test. You will not be put to sleep, but you will be more comfortable during the test with an empty stomach.**

**Please call us if you have any questions, 713-223-1800.**

**What do I need to bring?** Photo ID and insurance card(s), names of all of your medications, completed paperwork. The Dizziness/Balance Questionnaire and consent forms can be downloaded from [www.balancediagnostic.com](http://www.balancediagnostic.com) under Patient Forms.