



## VNG PRE-TEST INSTRUCTIONS

***Following these instructions is important for accurate test results. Please contact our office if you have any concerns regarding your ability to follow these instructions.***

**Test Description:** Videonystagmography (VNG) testing is performed in our office by an audiologist and takes approximately 90 minutes, including a hearing test. You will follow-up with your physician after the test to review the results. Throughout the test you will be wearing goggles that will record your eye movements. Portions of the test may induce a sensation of motion, which is brief and temporary. The VNG test battery has three parts: (1) following moving visual targets on a screen in front of you, (2) sitting/laying in different positions, and (3) stimulating each ear with air (warm and cool).

### **Test Instructions:**

- 1. Discontinue** certain medications/substances for **72 hours prior to your test**. Certain medications (listed below) can influence the body's response to the test. If you have any questions, please consult your physician.
  - **Alcohol** including beer, wine, liquor, cough medications
  - **Analgesics/Narcotics** such as codeine, Tylenol with codeine, Demerol, Phenaphen, Percocet, Darvocet
  - **Antihistamines/Decongestants** such as Claritin, Benadryl, Chlortrimeton, Dimetapp, Disophrol, Actifed, Teldrin, Triaminic, and any other over-the-counter cold remedies
  - **Medication for dizziness and/or vertigo** such as Antivert, Meclizine, Ru-Vert
  - **Medication for nausea** such as Compazine, Dramamine, Atarax, Bucladin, Phenergan, Thorazine, Scopolamine Transdermal
  - **Sedatives** such as Ambien, Tylenol PM, Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pill
  - **Tranquilizers** such as Xanax, Valium/Diazepam, Klonopin, Zoloft, Ativan, Librium, Atarax, Vistaril, Serax, Librax, Tranxene, Prozac
- 2. CONTINUE** medications including blood pressure medications, heart medications, thyroid medications, insulin, estrogen, etc.
- 3. NO Caffeine for 48 hours prior to your test**, including beverages and medications (diet pills)
- 4. NO Tobacco on the date of the test**

5. **DO NOT EAT for 4 hours prior to your test.** If you are a diabetic, please eat as necessary to maintain proper blood sugar levels. If your test is in the afternoon, eat a light breakfast such as toast and juice.
6. **DO NOT WEAR ANY FACIAL MAKEUP** including foundation, eye makeup (eye liner, mascara, eye shadow), and/ or facial creams; **these WILL interfere** with the testing and you will be required to remove the makeup prior to testing.

*Please contact our office if you have any questions regarding the testing and/or test instructions.*

