

**Siegel, Bosworth and Sorensen Division**

Videonystagmography (VNG) Pre-Test Instructions

What is VNG? VNG is a test that helps assess the function of the balance system. You will be wearing a pair of goggles with a camera in them during the test. The camera records eye movement, allowing us to measure certain types of eye movement. The results of the VNG test provide information that is useful in determining the cause of the dizziness or imbalance and in making recommendations for treatment.

The test takes about 60 minutes to complete. Please eat lightly during the 12 hours prior to your appointment. If your appointment is in the morning, you may have a light breakfast such as toast and juice. If your appointment is in the afternoon, eat a light breakfast and have a light snack for lunch.

You must discontinue certain medications for **48 hours** prior to your VNG test. These medications can alter the results of your test, which will delay your treatment. Below is a list of medications/substances to discontinue:

1. **Alcohol:** beer, liquor, wine, cough medicine
2. **Caffeine:** coffee, tea, soft drinks
3. **Pain medications** (all muscle relaxers, analgesics, narcotics): Codeine, Demerol, Tylenol with codeine, Demerol, Percocet, Darvocet, Lortab, Zanaflex
4. **Anti-histamines** (cold and allergy medications): Chlor-trimeton, Dimetapp, Benadryl, Actifed, Triaminic, over the counter cold medicines (Clarinex and Claritin are allowed)
5. **Anti-seizure medicine** *(Consult your physician first! Do not stop your medication)*: Dilantin, Tegretol, Phenobarbital
6. **Anti-vertigo medicine:** Meclizine (Bonine, Antivert) Dramamine, Phenergan
7. **Anti-nausea medicine:** Atarax, Dramamine, Compazine, Antivert, Bucladin, Phenergan, Thorazine, Transdermal scopolamine
8. **Sedatives:** Halcion, Restoril, Nembural, Seconal, Dalmane, Phenergan, or any sleeping pill (including Tylenol PM etc.)
9. **Tranquilizers:** Valium, Librium, Atarax, Vistaril, Serax, Ativan, Librax, Tranzene, Xanax

**10.Tricyclic Antidepressants** *(Check with your prescribing physician to determine if you are allowed to discontinue any of these medications for 48 hours prior to your test)*: Amitriptyline, Elavil, Endep, Amoxapine, Asendin, Clomipramine, Anafranil, Desipramine, Norpramin, Pertofran.

*Continue to take your medications for long term conditions such as blood pressure medications, heart medications, and cholesterol. Also, continue taking thyroid medications, Tylenol, aspirin, insulin, estrogen, and antibiotics for infection.* ***Please contact your physician with any questions you may have regarding medications.***

**ON THE DAY OF THE APPOINTMENT:**

1. **Do not wear make-up or apply oils or lotions to your face. This is important for the camera to track eye movements correctly. IF YOU HAVE PERMANENT MAKEUP (ie. TATOO), IT MAY BE DIFFICULT TO COMPLETE THIS TEST. PLEASE CHECK WITH THE AUDIOLOGIST PRIOR TO SCHEDULING.**
2. **Wear comfortable clothing.**
3. **It is preferable to wear contact lenses. IF glasses are worn, the most likely will need to be removed for the test.**
4. **Consider having someone drive you home. (Some people may continue to feel a little dizzy after the test. Most people, however, feel fine after a few minutes).**
5. **Arrive on time is a must! This is a lengthy test and a late or absent patient greatly affects our schedule.**

THERE IS A CANCELLATION FEE/NO SHOW FEE OF $100 IF YOU CANCEL LESS THAN 24HR OR ON THE SAME DAY.

**Please call us if you have any questions: 240-361-9000 ext 1**