



VIDEONYSTAGMOGRAPHY (VNG)

You have been scheduled for a **VIDEONYSTAGMOGRAPHY (VNG)** evaluation, a test of your balance mechanism.

Certain types of medications will affect the VNG results and therefore, should not be taken at least 48 hours prior to the test date. A list of these medications is given below:

1. **Anti-dizzy pills**, e.g., Meclizine, Antivert, Dramamine, etc.
2. **Antihistamines**, e.g., Benadryl, Hismanal, Claratin, Seldane, etc.
3. **Tranquilizers/sedatives**, e.g., Valium, Diazepam, Lorazepam, etc.
4. **Sleeping pills**, e.g., Ambiens, etc
5. **Barbiturates**, e.g., Phenergan, Codeine, etc.,
6. **Alcohol**, e.g., Wine, Beer, and certain cough/cold medicines, etc.
7. **Others**: Zolof, Prozac, Xanax

YOU CAN TAKE: Antibiotics – Dyazide – Hormones – Inderal – Diurel – Tylenol – Lasix – High Blood Pressure Medications.

If you have any questions about a medication, please contact our office or your physician.

DO NOT DISCONTINUE THE USE OF ANY PRESCRIBED MEDICATION WITHOUT FIRST CONSULTING YOUR PHYSICIAN.

- If your test is scheduled in the AM, do not breakfast the morning of the test; if you cannot go without eating please eat something light like toast.
- If your test is scheduled in the PM you may eat a regular breakfast and have a sweetened beverage prior to 10 a.m. but nothing after that.
- Avoid coffee, coke, and chocolate
- Dress comfortable as you will be laying down for most of the test.
- Women are asked to wear **NO** make-up or heavy lotion on their face.
- Please do not wear contact lenses but remember to bring your eye glasses.
- Please have someone accompany you to the test in order to drive you home as you may feel some lightheadedness.

The VNG evaluation is a procedure that requires approximately 1 to 1/5 hours to administer. You will wear infrared video goggles in order to record your eye movements during the examination. Instead of the goggles, electrodes may be placed around your eyes.

The test is divided into three portions. The first section evaluates your ability to follow different types of “visual targets” with your eyes. The second section evaluates your eye movement behavior in response to changes in head and body position. In the third and final section, your ears will be irrigated with cool and warm air that may induce a sensation of movement. The records from these tests will be used to determine the integrity of the inner ear balance system.

Please call 24 hours in advance if you are unable to keep your appointment.

Please fill out our Videonystagmography questionnaire and bring with you to your test.