



COMPREHENSIVE BALANCE EVALUATION (VNG) INSTRUCTIONS:

A VNG has been scheduled for you in an effort to assist your physician in determining the cause of your symptoms. The VNG consists of several tests that contribute information on the condition of the balance system of the inner ear. This information will assist your doctor in developing your treatment plan.

Certain substances can influence the responses to the test and limit the usefulness of the test for diagnostic purposes. **If possible**, please do not take any of the following medications for 48 hours prior to the test unless instructed otherwise by office personnel or your physician.

- Anti-dizzy pills (Antivert, Meclizine, Scopolamine, Phenergan)
- Antihistamines
- Cold or Allergy Medications (over the counter or prescription)
- Sleeping pills
- Tranquilizers (Valium, Ativan, Xanax)
- Pain medication (prescription or non-prescription)
- Alcoholic beverages
- Diuretics (specifically prescribed for dizziness or imbalance)
- Narcotics of any kind
- Herbal remedies (Ginkgo, Valerian)
- Or any medications which contain any of the above or are not considered "life-sustaining".

DO NOT DISCONTINUE any heart, high blood pressure, diabetic medications or the above medications that you take on a regular basis, for an extended period of time, without first consulting your physician prior to testing. This list is not complete. If there are any questions as to which medications are acceptable, call our office.

Please wear comfortable clothing and refrain from smoking 3 hours prior to testing and using makeup of any kind; mascaras and liners included, facial creams, lotions or earrings the day of the test. In addition, please do not eat at least 4 hours prior to testing unless you are diabetic. If you are diabetic, DO NOT ALTER YOUR CURRENT DIET OR DIABETIC MEDICATION REGIMEN.

The test may take up to 1 ½ hours. You may experience brief feelings of dizziness during some portions of the test. You may wish to arrange for someone to accompany you to your appointment.

Please bring a detailed list of all current medications, the dosage and frequency. Please do not attempt to memorize them.

Failure to comply with these instructions may compromise the results of this test. As a result, it may be necessary to reschedule your VNG. Arrive early to your appointment to complete any pre-testing paperwork.

Please notify this office within 24 hours prior to your appointment if you cannot keep it. A No-Show fee of \$200.00 will be charged for no notice.