



# Ear, Nose & Throat *SpecialtyCare*

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## Electronystagmography (ENG)/Videonystagmography (VNG): Pre-Test Instructions

An Electronystagmography (ENG) or Videonystagmography (VNG) has been ordered by your physician to help determine the cause of your dizziness or balance problem. The procedure is painless, and will last 60-90 minutes. During the test, eye movements will be recorded while the Audiologist asks you to follow lights and lay in different positions. Eye movements will also be recorded while warm and cool water are introduced into each ear canal. The recordings will either be made with electrodes placed around the eyes (ENG), or by infrared goggles (VNG).

### In order to help the Audiologist obtain accurate results, please carefully review the following instructions:

1. Wear comfortable clothing that enables you to move easily.
2. Medications greatly influence the test results. For 48 hours (2 days) prior to your test, do NOT take any of the following medications as they will affect the test results:

- Antihistamines
- Decongestants/Cold Pills
- Sedatives, Tranquilizers or Sleeping Pills
- Pain relief or Headache medicine, including aspirin
- Stimulants, Amphetamines or any Appetite Suppressants
- Medications to relieve dizziness, i.e. Antivert, Meclizine, Dramamine, Diuretics

**CANCELLATION NOTICE OF:  
2 business days or a \$75 charge  
will be made**

3. Vital medications **SHOULD NOT** be stopped. Continue to take medications for heart, blood pressure, thyroid, anticoagulants, birth control, antidepressants, and diabetes. If you are unsure about a particular medication, please call the office.
4. **Do not** drink coffee, tea, cola, or other caffeinated beverages for **48 hours prior to the test.**
5. **Do not** drink alcoholic beverages for **72 hours before the test.**
6. **Do not** eat or drink for **4 hours** prior to your test. If you are diabetic or prone to lightheadedness, you may have a small, light meal or glass of juice.
7. **Do not** wear any makeup, including mascara, or face lotions,
8. If you wear glasses, please bring them. If you normally wear contact lenses, please bring your glasses as we may need to ask you to remove your contacts for the testing.
9. **Bring someone with you.** The test may leave you with a short-lived feeling of imbalance, and it is helpful to have someone else drive you to and from the test.
10. **If you have any questions about the test, or about these instructions, please call and talk to your Physician or Audiologist as soon as possible.**

**If you are unable to keep your appointment for any reason, we ask that you notify our office at least 72 hours prior to the appointment.**