

Videonystagmography (VNG): Pre-Test Instructions

A Videonystagmography (VNG) evaluation has been ordered by your physician to evaluate the function of your balance system and central motor system. The procedure will last 60-90 minutes and is performed by an Audiologist. During the test, you will be wearing video goggles that are monitoring your eye movements as you are watching a screen/light-bar, while asked to lie in various positions. Eye movements will also be recorded while warm and cool water is introduced into each ear canal.

IN ORDER TO OBTAIN ACCURATE RESULTS, PLEASE CAREFULLY REVIEW THE FOLLOWING INSTRUCTIONS:

1. Discontinue the use of the following medications **FOR 48 HOURS** as they can greatly influence the test results.
 - a. Medication to Relieve Dizziness
 - i. Antivert, Meclizine, Dramamine or Diuretics
 - b. Antihistamines, Decongestants and Over the Counter Cold Medications
 - c. Sedatives, Tranquilizers or Sleeping Pills
 - d. Prescription Pain Relief (i.e. w/ Codeine) or Narcotics – Aspirin, Ibuprofen, & Acetaminophen are acceptable to take
 - e. Headache or Migraine Medications
 - f. Stimulants, Amphetamines or any Appetite Suppressants

****PLEASE CALL THE PHYSICIAN WHO PRESCRIBED THE ABOVE MEDICATION, IF YOU HAVE ANY QUESTIONS ON DISCONTINUING THAT MEDICATION FOR THE VNG. ****
****PLEASE INFORM OUR OFFICE BEFORE YOUR EVALUATION IF YOUR PROVIDER ADVISED YOU AGAINST DISCONTINUING ONE OF THESE MEDICATIONS.****

2. 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 our office and speak with the nurse.
3. **DO NOT** eat **2-4 hours** prior to the VNG evaluation.
 - a. If you cannot go without eating for this period of time you may have a small, light snack or a glass of juice.
4. **DO NOT** drink alcoholic beverages for **48 hours** before the test
5. **LIMIT** caffeine intake the day of your appointment. Small amounts are acceptable.
6. **DO NOT** wear any makeup, including mascara, or face lotions.
7. If you normally wear contact lenses please bring your contact case as you may be asked to take them out.
8. Wear comfortable clothing that enables you to move easily.
9. Please arrange someone to drive you home from your appointment as this test has the possibility of eliciting dizziness.
10. **If you have any questions about the VNG evaluation, or about these instructions, please call and talk to your Physician and/or an Audiologist as soon as possible.**

Please notify our office of a **CANCELLATION** of your appointment within **2 business days** of your scheduled evaluation or a **\$75 charge** will be made

Minneapolis

Coon Rapids

St. Paul