



VIDEONYSTAGMOGRAPHY (VNG) INSTRUCTIONS

The Videonystagmography (VNG) evaluation is a valuable test used primarily for the diagnosis of disorders involving the vestibular system. The vestibular system is located within the inner ear and is responsible for controlling our sense of balance. Any disruption of this system can cause a problem of imbalance, disequilibrium and/or dizziness. The results of the VNG test provide information that is useful in determining the cause of dizziness or imbalance and in making recommendations for treatment.

The test lasts approximately 1 to 1 ½ hours. Please eat very lightly prior to testing. If your appointment is in the morning eat a light breakfast (e.g., toast and juice) or if in the afternoon eat a light breakfast and have a light snack for lunch. Please limit caffeine intake if possible.

Ladies, please do not wear eye makeup as it can interfere with testing.

Certain medications can influence the body's response to the test, causing a false or misleading result. Please refrain from taking the medications or substances listed below beginning 48 hours (two days) prior to your test date:

- Alcohol: including beer, liquor, wine or cough medicine
- Pain Relievers/Analgesics/Narcotics: Codeine, Demerol, Tylenol with Codeine, Percocet, Darvocet, etc.
- Antihistamines, decongestants and cold medications
- Tranquilizers: Valium, Librium, Atarax, Xanax, Librax, Tranxene, Serax, etc.
- Anti-Vertigo Medications: Antivert, Ruvert, Meclizine, etc.
- Anti-Nausea Medications: Phenergan, Dramamine, Compazine, Antivert, Thorazine, etc.
- Sedatives: Halcion, Restoril, Nembutal, etc., or any sleeping medications

THE ABOVE MEDICATION LIST IS NOT EXHAUSTIVE.

CONSULT WITH YOUR PHYSICIAN IF YOU HAVE ANY QUESTIONS REGARDING MEDICATIONS.

ALWAYS CONSULT WITH YOUR PHYSICIAN BEFORE DISCONTINUING ANY PRESCRIBED MEDICATION.

Testing can cause a sense of motion, so please bring someone to drive you. If this is not possible, try to plan your day to allow an extra 20-30 minutes after your test before leaving the office.

If you have any questions about the VNG test, please contact our office.