

VNG INSTRUCTIONS

You have been scheduled for a VNG Videonystagmography.

The VNG is a test designed to give your physician information about the function of the inner ear balance system. The test requires about 60 minutes to complete. Although most people experience some dizziness during the test, the dizziness is usually of short duration. By the completion of the test, nearly all signs of dizziness should have subsided. However, it is advisable to arrange for someone to transport you to and from the test.

PLEASE CHECK IN 15 MINUTES BEFORE YOUR SCHEDULED TEST. IF YOU ARE NOT CHECKED IN BY YOUR APPOINTMENT TIME, YOU WILL BE RESCHEDULED. OUR APPOINTMENTS RUN ON THE HOUR AND IF YOU ARE LATE, IT WILL DELAY OTHER PATIENTS' APPOINTMENTS.

YOU MUST FOLLOW THESE INSTRUCTIONS:

- No food or drink 4 hours prior to the exam.
- No alcoholic beverages for 48 hours (2 days) before the test.
- Please avoid caffeine and nicotine the day of the test.
- Discontinue all dizziness medications 48 hours (2 days) prior to the test date. Please avoid sleeping pills, tranquilizers, antihistamines, anti-dizziness medications, anti-depressants and anti-anxiety medications, diuretics, pain medications, sedatives, muscle relaxants, and barbiturates. If you are uncertain, please check with the physician who prescribed the medications before discontinuing them. Please continue blood pressure, heart or diabetic medications.
- Please do not wear eye make-up of any kind, foundation, lotion or sun-block on your face. It is best to come with a clean, dry face because make-up will interfere with the VNG test. ***If you have permanent eyeliner, please use or bring your own concealer to cover the area. We cannot perform the test with color around the eye.***

If you wear contact lenses, please bring your contact case and solution with you. You may wear them during the test, but some people prefer to take them out due to dry eyes.

Please call if you have any questions regarding medications or the test in general. Ask to speak with one of the audiologists. Your cooperation in following these instructions is greatly appreciated and will aid your physician in the diagnosis of your problem.

If it is necessary to cancel or change your appointment, please call 24 hours in advance. Failure to cancel your appointment may result in a \$50 fee charged to you.

Vestibular Treatment: At Sacramento ENT, we provide treatment procedures for Benign Paroxysmal Positional Vertigo including the Semont Maneuver, the Epley Maneuver and the Horizontal Maneuver. Our audiologists have great success with these maneuvers to alleviate your dizziness symptoms.