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VNG Patient Information Sheet

You have been scheduled for a VNG, which is a test of the inner ear for patients with dizziness, disequilibrium or other balance disorders. The test alone will take approximately 45 minutes. If you are scheduled with an Audio appointment as well, please plan on 1.5 hours. There is a slight chance that you might become somewhat dizzy or nauseated for a short time during or after the VNG testing, so if possible, you should try to have someone accompany you to the test and to be available to drive you home if necessary.

PRE-TEST INSTRUCTIONS:

1. Discontinue any anti-vertigo, vestibular suppressing, or central nervous system affecting medications for 48 hours prior to testing. These medications include Antivert, Meclizine, Bonine, Dramamine, Scopolamine, antihistamines, sleeping pills, some pain medications, narcotics, some antidepressants, or tranquilizers. Both over-the-counter and prescription forms of these medications may adversely affect the test results. **DO NOT DISCONTINUE MEDICATIONS FOR BLOOD PRESSURE CONTROL, CARDIAC OR CIRCULATORY PROBLEMS, DIABETES OR OTHER MEDICATIONS FOR SIMILAR MEDICAL DISORDERS!** *If you have any questions regarding which medications you can take, please feel free to call our office at 772-563-0015 or contact your referring physician.*
2. Abstain from alcohol and caffeine for 24 hours before the test. Products containing caffeine include many soft drinks, coffee, tea, cola, and chocolate.
3. If medically possible, abstain from food and drink for four (4) hours before the test. If you are a diabetic, or have a similar disorder, eat a light meal and continue your regular routine.
4. You will be asked to remove glasses and/or contact lenses before testing.
5. Do not wear make-up or use facial moisturizers or face creams the day of the test. Wear loose, comfortable clothing and flat-heeled shoes for the test.
6. Many patients see an increase in their dizziness or balance-related symptoms caused by the testing. If possible, have someone drive you to your appointment.

If you have any additional questions, please call our office at 772-563-0015.