

## **VIDEONYSTAGMOGRAPHY (VNG) INSTRUCTIONS**

Your physician has referred you for videonystagmography, or VNG.

VNG is used to evaluate patients with dizziness, vertigo, or balance dysfunction. In this test, eye movements are recorded to provide your physician with information regarding your central (brain) and peripheral (ear) balance systems.

VNG testing involves wearing eye goggles equipped with small cameras designed to record your eye movements in response to different stimuli: watching a moving target, sitting and laying in different positions, and placement of cool and warm air in the ear canal. Although most people experience some dizziness during the test, the dizziness is typically of short duration. By completion of the test, nearly all signs of dizziness should have subsided. **However, it is recommended that you arrange for transportation to and from the test. The test takes approximately 1.5 hours to complete.**

Certain substances that affect the central nervous system (CNS) can influence the results of this test.

**Therefore, it is very important that you follow these instructions below prior to the test:**

1. Refrain from caffeine and any alcohol consumption (beer, wine and mixed drinks) for **48 hours before** the test.
2. **Do not eat solid foods or milk products for 3 hours before the test.** If you are diabetic, do NOT alter your current diet or diabetic medication regimen. If you are unable to go 3 hours without food, then you may have a light snack. You may also want to bring a snack with you to eat once testing is complete.
3. **Discontinue all dizziness medications (Meclizine/ Antivert) 48 hours (2 days) prior to the test date.** Please avoid sedatives (all sleeping pills, tranquilizers (Valium, Xanax..etc), antihistamine/allergy pills, decongestants (Benadryl, Sudafed, Dimetapp, Seldane), prescription pain medication (Vicoden, Percocet/Percodan, Oxycodone, Hydrocodone) diet pills, muscle relaxers/nerve pills (Valium, Robaxin), narcotics/barbiturates (Codeine, Demerol, Percodan, Phenobarbital).
4. Continue to take all “maintenance” medications for your heart, blood pressure, diabetes, thyroid, seizures, and any other medications deemed by your physician to be necessary.
5. Wear comfortable clothing and flat shoes.
6. **DO NOT WEAR ANY LOTION, FACIAL OR EYE MAKEUP. IF YOU WEAR MAKEUP TO THE APPOINTMENT, IT WILL BE NECESSARY TO REMOVE IT FOR PROPER TESTING.**
7. If you have contact lenses, please wear them. Glasses interfere with testing and cannot be worn with the goggles.

Should you have any questions regarding your test procedure, please contact our office at **(919) 859-4744** x18 and ask to speak to the Audiologist. Most insurance policies cover the procedure; however, please contact our insurance/billing department if you have questions regarding coverage. If you are unable to keep this appointment, please call the office to reschedule. If you are unable to keep your appointment, simply call the office to reschedule.

**Please note that barring a valid medical or weather related reason, we reserve the right to charge a \$50 “no show” fee for procedures that are cancelled less than 24 hours before their scheduled time.**