Patient Instructions for Videonystagmography (VNG) Testing

Please Read ALL INSTRUCTIONS CAREFULLY

This is a test of your vestibular system, one of the three senses for balance. This system includes your inner ear structures and central structures (ie/Brain) and consists of multiple tests and subtests of the peripheral and central vestibular system. This test will take approximately 2 hours therefore, plan your ride accordingly. Since this test may cause temporary dizziness, it is suggested that you eat a light meal but not less than 2 hours prior to testing.

It is important that your ears be free of wax, therefore, if it has been suggested that you see your audiologist or doctor prior to the testing to remove the wax.

24 hours before the test:
Do not consume alcohol.
Do not take dizziness, nausea or motion sickness medications

Do not take sedatives, tranquilizers, antidepressants, or pain reliever medications unless you have been taking them for at least 8 weeks.

If you are taking any of the following medications, continue taking them:
Heart and blood pressure medications
Seizure medications
Antidepressants, Benzodiazepines (valium or Zetran), prescription pain meds, anti-anxiety agents if you have been on these longer than 8 weeks.
Insulin

On the day of the test:
Do not consume anything with caffeine (coffee, chocolate, soda)
Wear comfortable clothing the test will take up to 2 hours
Do not use makeup or skin oils (especially eye makeup)

Two hours before the test:
Do not smoke
Do not eat food or liquids
IF YOU ARE DIABETIC, EAT AS YOU USUALLY DO.

Examples of common meds not to take before testing: Tylenol 3, Xanax, Ambien, Benegryl, somnex or other antihistamines, valium, zetran, dalmane, lasix, diamox or other diuretics, plaquinel, Ativan, alzapm, meclazine, antivert, bonine, compazine, phenergan, prothazine, darvocet, scopolamine, sedane, halcion. If you have been on the following longer than 8 weeks continue to take them: Anti-depressants, Benzodiazepines (valium or Zetran), prescription pain meds, anti-anxiety agents