



## Hearing & Balance Clinic

### Videonystagmography (VNG) Pre-Testing Instructions

Videonystagmography (VNG) testing has been recommended for you by your physician. The test is scheduled for approximately 2 hours and may begin with a hearing assessment. Videonystagmography is performed to evaluate the function of the inner ear and central motor function. During the VNG your inner ear and central motor balance system will be stimulated by watching and following moving lights, with different head and body positions, and by circulating cool and warm air into your ear canals. Lightweight goggles with small infrared cameras will be worn to measure and record your eye movements during the testing. Patients may experience some sensation of movement during various portions of the test. Most patients report the potential dizziness experienced during the VNG as mild compared to their symptomatic dizziness.

**Discontinue use of the following medications for 48 hours prior to your test (these substances can influence the body's response to this test and give false responses):**

- Antibiotics: Streptomycin, Gentamicin.
- Anti-depressants: including Elavil, Pamelor, Prozac, Lithium, etc.
- Anti-histamine medications: including Chlor Trimeton, Dimetane, Benadryl, Disophrol, Actifed, Allegra, Claritin, Seldane, Triaminic, or any over-the-counter cold remedies, etc.
- Anti-nausea medications: including Dramamine, Compazine, Vontrol, Phenergan, Thorazine, Transderm (scopolamine patch worn behind the ear) etc.
- Anti-vertigo medications: including AntiVert, Meclizine, Scopolamine, etc.
- Narcotics and Barbiturates: including Phenobarbital, Codeine, Demerol, Dilaudid, Percodan, Phenaphen, Seconal, Chloral hydrate, etc.
- Sedatives: including Nembutal, Seconal, Dalmane, Placidyl, Butisol, or any other sleeping pills.
- Stimulants: including Ritalin, Methylphenidate, Amphetamine, etc.
- Tranquilizers: including Valium, Librium, Atarax, Vistaril, Equanil, Miltown, Triavil, Serax, Etrafon, Xanax, Ativan, Sarafem, etc.

### **Additional instructions:**

- Avoid wearing make-up, especially eye make-up.
- Do not wear contact lenses, but do bring eye glasses if needed.
- Dress comfortably, as you will be sitting and lying on an exam table for the duration of testing.
- Avoid solid foods 2 to 4 hours before the test.
- Avoid caffeine (coffee, tea, cola) after midnight prior to testing.
- Avoid alcoholic beverages (and liquid medicine containing alcohol) 48 hours before the test.
- Discontinue all medication 48 hours prior to the test except "maintenance" medication for your heart, blood pressure, diabetes, or seizures, and any medications deemed by your physician to be necessary.
- Because this test may cause you to feel dizzy, we recommend that you have someone drive you to your appointment. Failure to comply with these instructions may result in your appointment being rescheduled for