

## **Videonystagmography (VNG)**

Videonystagmography (VNG) is used to test ear for vestibular problems that can affect your balance. Testing will take approximately 1 hour.

**Our office requires 48 hour notice for all cancellations and rescheduling. Failure to provide adequate notice will result in a \$50.00 fee per test.**

The following medications **MAY NOT BE TAKEN 48 HOURS PRIOR TO THE TEST:**

- ANTIHISTAMINES (cold and allergy medications)
- SEDATIVES
- ANTI-DIZZINESS/VERTIGO MEDICATIONS
- PAIN MEDICATIONS (muscle relaxers, narcotics)
- TRANQUILIZERS

**PLEASE DO NOT STOP TAKING YOUR BLOOD PRESURE MEDICATIONS. IT IS ACCEPTABLE TO TAKE THIS MEDICATION ON THE DAY OF YOUR TEST.**

Please call with any questions regarding your medications.

**TO INSURE ACCURATE TESTING, PLEASE OBSERVE THE FOLLOWING:**

- NO ALCOHOL should be consumed 24 hours before test
- NO NICOTINE should be consumed 24 hours before the test
- NO CAFFEINE should be consumed 6 hours before the test
- NO FOOD should be consumed 4 hours before the test
- NO MAKEUP (eye makeup in particular)
- DO NOT WEAR CONTACT LENSES
- PLAN TO HAVE SOMEONE DRIVE YOU HOME AFTER THE APPOINTMENT as some patients experience dizziness and are unable to drive.