



# Reid Hearing Center

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## VNG INSTRUCTIONS (FOR DIZZINESS TEST)

As requested by your doctor, you have been scheduled for a test called Videonystagmography (VNG), which is a test of inner ear and central motor function. This is a test for dizziness and/or vertigo. The test will take approximately 90 minutes and is not painful. **In order for accurate test results to be obtained, the following instructions must be adhered to. If these instructions are not followed, your testing will be rescheduled for a later date.**

1. **DO NOT** take any **ANTI-DIZZINESS (VERTIGO)** medications **FOR 5 DAYS BEFORE** the test. These medications can include Antivert, Ru-vert, Meclizine and Transderm Scopolamine Patch, etc.
2. **DO NOT** take any of the following **FOR 48 HOURS BEFORE** the test:
  - **ANTI-NAUSEA MEDICINE:** such as Dramamine, Compazine, Bonine, Atarax, Bucladin, Marezine, Votrol, Phenergan, Thorazine, etc.
  - **TRANQUILIZERS:** such as Valium, Librium, Atari, Visceral, Aptiva, Libra, Quail, Milltown, Travel, Sera, Trainee, Xanax, Estragon, Ativan, etc.
  - **SEDATIVES:** such as Nembutal, Seconal, Dalmane, Doriden, Placidyl, Quaalude, Butisol, or any other sleeping pills, or over-the-counter sleep aids, etc.
  - **NARCOTICS AND BARBITUATES:** such as Phenobarbital, Codeine, Demerol, Percocet, Diluadid, Percodan, Phenaphen, Darvocet, Tylenol with codeine, etc.
  - **ANTI-HISTAMINES:** such as Chlor-Trimetron, Dimetane, Dimetapp, Hismanol, Claritin, Teldrin, Triaminic, any over-the-counter allergy or cold remedies, etc.
  - **ALCOHOL IN ANY QUANTITY:** including beer, wine and cough medicines containing alcohol.
  - **CAFFEINE PRODUCTS:** including coffee, tea, cola, diet pills and chocolate.
  - **NICOTINE PRODUCTS:** including cigarettes, cigars, chewing tobacco, patches, gum, etc.

**CONTACT YOUR DOCTOR SHOULD YOU HAVE ANY QUESTIONS ABOUT ANY MEDICATIONS THAT YOU SHOULD DISCONTINUE UNTIL THIS TESTING IS COMPLETED.**

1. **DO NOT DISCONTINUE** any anti-epilepsy, anti-psychotic, thyroid disease, diabetes, hypertension and heart medications.
2. **DO NOT** eat or drink anything 3 hours before the exam.
3. **DO NOT** use any make-up or lotion on your face, around your eyes, or behind your ears.
4. **DO NOT** wear contacts to exam.

It is common to feel fatigued or off-balance for a short time after the testing. Therefore, it is recommended to have someone available to escort or drive you home.

Once you arrive at our office, you should enter the main door and check in with our receptionist. Please arrive 15 minutes prior to your scheduled apt. time. If you have any questions regarding your VNG exam, please contact our office at 765-966-1600.