



VNG Frequently Asked Questions

Q: What is a VNG?

A: Videonystagmography (VNG) is a diagnostic test battery used to evaluate the inner ear balance system and central motor function. During the test, patients will wear infrared goggles that record eye movements. The test consists of visual tasks, sitting and laying in different positions, and having different temperature air blown into the ears. The test takes approximately 1 hour to complete.

Q: Is it okay if I eat/drink before my test?

A: Yes. However, we ask that you eat very light on the day of testing. Try to avoid heavily fried foods or lots of dairy products. Although most people do just fine with the balance tests, there are some parts that might make you feel a little dizzy — so, to reduce any nausea you might otherwise experience, we ask you not to eat a heavy meal. Also, please refrain from drinking alcoholic beverages 24 hours prior to testing.

Q: Is it OK if I leave my makeup on during my balance test?

A: No. Makeup, particularly eye makeup, often disturbs our sensitive equipment and gets in the way of accurate results.

Q: Should I stop taking all my medications before the test?

A: No, not all medications need to be stopped. We do ask that you DO NOT take anti-vertigo medications (such as Meclizine), sleeping pills, or pain pills that can cause drowsiness in the 24 hours leading to testing as these drugs can affect the results of testing. Please call if you have questions or for a list of medications that should be stopped.

Q: Will the examination make me feel dizzy?

A: Everybody's reaction is different. It depends on what the underlying cause of your dizziness is. If you're already dealing with dizziness symptoms, the tests won't make them worse than they already are and they won't cause previous dizziness episodes to return. Our doctors will make sure they keep you as comfortable as possible.

Q: Should I have someone bring me to my appointment for balance testing?

A: Most of our patients feel just fine to drive after testing. However, if your present symptoms are severe, it's not a bad idea to have someone drive you.