



Videonystagmography (VNG)

Videonystagmography (VNG) is a test designed to help determine the source of your dizziness or unsteadiness. During the test, you will wear infrared goggles that record your eye movements. The test consists of visual tasks, sitting and laying in different positions, and calorics. For caloric testing, the ears are irrigated with warm and cool air to assess the function of the inner ear. Many people experience some dizziness during the test; however, the dizziness is of short duration and usually subsides by the completion of the test. The test takes approximately 1 hour to complete.

Please carefully follow these instructions up to 2 days before your scheduled appointment:

1. DO NOT take aspirin or any medication containing aspirin for **2 days before** the test.
2. DO NOT drink any alcohol or take any medication containing alcohol for **2 days before** the test.
3. Discontinue ALL medications for **2 days prior** to the test date, **EXCEPT** those used for a heart condition, blood pressure, diabetes, seizures, or other life-threatening conditions.
4. Discontinue medications such as allergy pills, tranquilizers, sleeping pills, decongestants, pain pills, nerve pills, dizziness medications, cholesterol medications, hormones, herbs, vitamins, etc. **2 days before** the test.
5. DO NOT drink any beverage or take any medication containing caffeine (coffee, tea, soft drink, energy drink, Excedrin) **the day of** the test.
6. DO NOT eat solid foods for **2 hours before** the test. If your appointment is during the late afternoon (i.e., 3:00 PM or later), it is okay to eat a light lunch between 12 noon and 1:00 PM.
7. Wear comfortable clothing, as you will be changing positions on the exam table. Additionally, you may choose to wear flat/low-heeled shoes in the event you feel off balance or dizzy at the conclusion of the evaluation.
8. DO NOT apply foundation or eye make-up before the test.
9. Remove contact lenses before the exam.
10. If possible, bring someone to drive in the event you feel off balance or dizzy at the conclusion of the evaluation.

Medications that will influence VNG results:

1. Antipyretic (fever) – aspirin
2. Alcohol – beer, whiskey, wines, liquid medications containing alcohol (e.g. cough syrup)
3. Antidinic (vertigo) – Meclizine (Antivert), Ru-vert, Scopolomine, etc.
4. Antiemetic (nausea) – Dramamine, Phenergan, Comppazine, Marezine, Thorazine, etc.
5. Antihistamine/Decongestants (cold and allergy) – Dimetapp, Actifed, Sudafed, Benadryl, Triaminic, Dristan, Contact, Chlortrimeton, Claratin, Zyrtec, etc.
6. Narcotics and Barbituates – Percodan, Darvon, Demerol, Dilaudid, Cocaine, Codeine, Marijuana, Phenaphen, Phenobarbitol, etc.
7. Sedatives (sleeping) – Dalmane, Seconal, Quaaludes, Nembutal, etc.
8. Tranquilizers (nerves) – Valium, Librium, Vistaril, Triavil, Atarax, Equanil, Serax, Miltown, etc.
9. Antidepressants – Zoloft, Lexapro, Cymbalta, Paxil, Prozac, Elavil, Wellbutrin, etc.

** Medication can be resumed immediately following the VNG evaluation. Your cooperation in following these instructions will improve the quality of your examination.

The audiologist will analyze the test and then send the results to the referring physician.

If you have any questions regarding the test itself or the test instructions, please call our office at (972) 566-7359.

Appointment Date: _____ Time: _____

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