



## **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.

## **Patient Appointment Agreement for Audiology Services**

Thank you for choosing The Hearing Center at Dallas Ear Institute for your hearing healthcare needs!

Due to the personnel resources and time commitment needed to provide the complex services offered, it is imperative that our patients be very faithful in keeping their scheduled appointments. We understand that unforeseen events occur that require last minute cancellations of appointments. However, Dallas Ear Institute cannot be expected to bear the financial loss that occurs when this reserved appointment time goes unutilized.

In order to ensure your commitment to reserving our time to provide these services, we are informing you up front that you will be billed a \$150 cancellation fee if you cancel within less than two (2) business days notice or do not show up for your scheduled appointment, except in the event of a true emergency. This is a charge that your insurance company, Medicare or Medicaid will not cover. Payment of the cancellation fee will be due prior to rescheduling.

Thank you very much for your cooperation.

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Printed Patients Name

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Signature of person financially responsible

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Date