

ORLANDO EAR, NOSE & THROAT

Patient Instructions for VNG Testing

What is this Test?

The purpose of Videonystagmography (VNG) is to evaluate your balance system and parts of your central nervous system. The VNG testing should take about 1 hour.

Where is the Test completed?

The testing is performed by an Audiologist at Orlando, Ear, Nose and Throat, with offices located in Orlando and Oviedo.

Orlando: 5830 Lake Underhill Road (407) 658-1335

Oviedo: 8000 Red Bug Lake Road (407) 971-3337 ext 311

What preparations are needed?

For 3 DAYS before the test, DO NOT TAKE:

1. Medications for dizziness (such as Antivert or Meclizine)
2. Sleeping Pills or Antidepressants
(Unless you have taken regularly for more than 6 months)
3. Narcotics or pain medication of any kind
(Unless you have taken regularly for more than 6 months)
4. Prescription Ibuprofen or Motrin
5. Medications for colds or allergies (such as Antihistamines)
6. Alcohol

These medications are O.K. to continue:

1. Blood pressure
2. Thyroid Medications
3. Hormone Medications
4. Birth Control Pills
5. Vitamins
6. Life-sustaining medication

On THE DAY of the Test:

1. Do not eat or drink (even water) for 3 hours prior to testing.
2. Do not drink any beverages with caffeine (coffee, cola, tea, etc.) or use tobacco (nicotine) products the day of testing
3. Bring eye glasses and/or hearing aids, if applicable
4. Wear comfortable clothing
5. Do not wear any face make-up (NO eyeliner or mascara) or face cream.

What should I expect during testing?

Goggles will be placed on the patient's face to obtain recordings. The test consists of three parts. First, you will be asked to watch a series of lights on a wall. Next, you will be asked to turn your head in several different positions sitting up and laying down. Finally, your ears will be irrigated with warm and cool air. The responses will be recorded by a computer and analyzed by the Audiologist. This analysis will be conducted after the patient has left the clinic. Some people experience slight dizziness or unsteadiness during the testing; therefore, it is suggested that you arrange for someone to drive you home after the testing is completed, if possible. You may also want to bring something small to eat for after the testing and any medications you may need to take after the testing.

What if I have further QUESTIONS? If you have any other questions regarding this test, you can speak with an audiologist by calling the Orlando (407) 658-1335 or Oviedo (407) 971-3337 ext 311 offices