



VNG (Videonystagmography) Test Preparation (Please read carefully)

In order to assess your body's responses we ask that the following drugs are not taken. If you have any questions or concerns on medications listed, please contact our office or your primary care physician (PCP). Your PCP, or whomever prescribed your medications, will have a comprehensive knowledge of how these relate to your particular medical needs. It is strongly recommended that you contact your PCP to disuse the side effects of rapid changes in your prescribed medications.

Do not take the following 72 hours (3 days) prior to your schedule test day:

Anti-Nausea (generic drug name):

Compazine, Scopolamine, Prochlorperazine, Promethazine (phenergan), Zofran (ondansetron), Metoclopramide (Reglan)

Anti-Vertigo – Meclizine

Do not take the following 48 hours (2 days) prior to your schedule test day:

Anti-anxiety - Xanax, Valium, Ativan

Anti-Depressants (generic drug name):

Paxil (paroxetine), Prozac (fluoxetine), Zoloft (sertraline), Wellbutrin (Bupropion), Effexor (venlafaxine), Lexapro (escitalopram), Celexa (citalopram), Cymbalta, Pristiq

Do not take the following 24 hours (1 day) prior to your schedule test day:

Alcohol, Aspirin, Barbiturates, Nicotine, Medical Marijuana, Tranquilizers, Aminoglycosides Gentamicin, Neomycin, Streptomycin, Tobramycin

Antiseizure:

Topamax, Lamictal, Lyrica, Trileptal, Klonopin, Keppra, Depakote, Neurontin, Tegretol, Dilantin

Antihistamines (generic drug name):

Benadryl, Meclizine, Allegra, Claritin (loratadine), Zyrtec, Periactin/Peritol (ciproheptadine)

Benzodiazepines (generic drug name):

Xanax (alprazolam), Ativan (lorazepam), Klonopin (clonazepam), Valium (diazepam), Temazepam

Diuretics (generic drug name):

Lasix, (hydrochlorothiazide), (spironolactone), (chlorothiazide) Sedatives- Ambien, Sonata, Lunesta, Unisom, Vistaril

(C o n t i n u e s)

12 hours prior to your schedule test day: Please do not have ANY caffeine.

This includes coffee, tea, chocolate, energy drinks, and caffeinated sodas.

The day of your scheduled test: We ask that you fast (do not eat), after midnight the evening prior to the test.

Do NOT wear any eye makeup (eyeliner, etcetera) of any kind.

If you have tattooed eye brows or eye liner please inform us at time of scheduling as this may add time to your testing procedure

About the Videonystagmography (VNG)

This is a test that evaluates the balance system, typically we allow one hour for the full testing procedure. During this testing we will place a mask with small cameras over your eyes to record your nystagmus (eye movement) as this relates to how your balance system responds to various inputs.

The test has three main sections:

- (1) Measuring eye gaze - which a series of dots are projected onto a wall.
- (2) Positional - eye measurements are recorded as you are placed in different positions.
- (3) Caloric stimulations - Warm and Cool air stimulates the eardrum.

This may make you very dizzy, but this goes away rather quickly. You will be made dizzy, please know that we will do everything to ensure your comfort during this procedure and will not let you drive until you are prepared to do so. If you prefer you can be driven to and from this test to ensure your safety.

Re-Scheduling and Cancellation Notice

Due to the intensive testing regimen and scheduling of specialists we require a minimum of two days' notice for a re-scheduling or cancellation. The Hearing & Balance Center of Austin and Great Hills ENT reserve the right to charge a \$150 late cancellation, or no-show, fee which will be billed directly to you and due upon receipt.

