

EAST TN ENT SPECIALISTS
PRE-TEST INSTRUCTIONS FOR VNG TESTING

What is VNG Testing?

VNG (Videonystagmography) tests the functions of the inner ear. The audiologist will perform a series of tests that isolate each part of the balance system to determine if and/or where the problem exists. During the test, the patient will wear goggles that have small cameras that record eye movements. The audiologist will instruct the patient to watch a series of lights that are projected on a wall followed by a series of tests in which the head is placed in several different positions. Finally, caloric testing is performed whereby warm and cool air is directed down the ear canals. VNG testing should not cause pain; however, it may cause dizziness and sometimes nausea.

3 DAYS (72 HOURS) BEFORE VNG TESTING:

Stop all medications and substances that may alter the VNG results:

- Alcoholic beverages (beer, wine, liquor)
- Anti-dizziness pills (i.e. meclizine, antivert, valium, Dramamine, transderm, scopolamine, etc.)
- Sleeping pills
- Pain medications or muscle relaxers (i.e. Darvocet, hydrocodone, percocet, Percodan, lorcet, oxycontin, Demerol, morphine, ms contin, norgesic, norgesic forte, ultram, soma, skelaxin, stadol, ultracet, zanaflex, flexeril, robaxin, salsalate, etc.)
- Antihistamines, cold/sinus medications (allegra, Zyrtec, Claritin, tivist, clarinex, Benadryl, actified, alavert, chlor-trimeton, Dimetapp, etc.)
- Diuretics or fluid pills (Lasix, furosemide, HCTZ, etc)
- Any medications that have a sedating or stimulating effect

PLEASE NOTE: Continue to take heart and/or blood pressure medications. If you have a medical condition (diabetes, Parkinson's disease, etc) that require you to take routine medication, please continue to take these medications. If you have any questions about whether or not to take a particular medication, please ask or call us at (865) 482-1086 or (865) 483-2288.

DAY OF TEST:

- **DO NOT USE** Nicotine/Tobacco (cigarettes, chewing tobacco, snuff, cigars, pipes, etc)
- **DO NOT** eat or drink anything 3 hours before testing. Sometimes testing can cause some nausea. If you are diabetic or require routine food/drink, eat only a light meal/snack.
- **DO NOT WEAR EYE MAKEUP** so the cameras inside the goggles can properly record eye movements.
- ✓ **DO** wear comfortable clothing. **BRING** a jacket/sweater as the testing room often is cold.

HAVE SOMEONE AVAILBE TO DRIVE YOU HOME AFTER THE TESTING IN CASE DIZZINESS OCCURS.

IF YOU HAVE ANY QUESTIONS, COMMENTS, OR CONCERNS, PLEASE ASK OR CALL US AT (865) 482-1086 OR (865) 483-2288.