

ENT Specialists

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INSTRUCTIONS FOR BALANCE TESTING

PLEASE READ THOROUGHLY

You have been scheduled to have a test of your balance system. For testing, we use video goggles placed over the eyes. The test is called a VNG (videonystagmography). An extensive evaluation is required at times to determine the cause of dizziness or unsteadiness. The object of this evaluation is to be certain that there is no serious disease, and try to pinpoint the exact site of the problem. This lays the groundwork for effective medical treatment by your doctor.

PREPARATION

1. 48 hours prior to your appointment, please stop taking the following medications:
 - Sleeping pills/sedatives/tranquilizers. Example: Ambien, Lunesta, Valium, etc
 - ***Anxiety medication.** Example: Lorazepam, Niravam, Xanax, Klonopin
 - ***Antipsychotics.** Example: Seroquel, Abilify
 - ***Antidepressants.** Example: Zoloft, Prozac, Cymbalta, Wellbutrin
 - Alcohol in any quantity, including cough medicines containing alcohol. Example: NyQuil
 - Anti-dizzy medication. Example: Meclizine, Antivert, Dramamine
 - Anti-Nausea medication. Example: Zofran, Phenergan, etc.
 - Antihistamines. Example: Benadryl, Claritin, Zyrtec, Allegra, etc, cold remedies
 - ***Aspirin** (over the counter Tylenol is ok)
 - Marijuana
 - Pain medication, narcotics and barbiturates. Example: Phenobarbital, Codeine, Demerol, etc.
 - Quinine

***Note: the above medications indicated with an *, if taken longer than 6 months, continue taking**

2. 12 hours prior to appointment refrain from: Nicotine and caffeine.
3. For 3 hours prior to your appointment, do not eat or eat lightly. This is for your comfort. **If you are diabetic, or not eating will cause any medical complications for you, please continue your diet as usual.*
4. Remove **ALL** eye makeup (eyeliner and mascara) prior to your appointment.
5. Occasionally testing will aggravate dizziness. You may need to have someone drive you home as you may not feel well enough to do so.
6. It is recommended that small children not be present without someone to care for them during the procedure.

IMPORTANT

Do NOT stop taking any life-supporting medications (Insulin, heart or blood pressure medications, etc.) **Please contact the office of the physician that has prescribed the medication if you have any concerns about stopping a medication.**

If you have any questions about the test, please call 801-260-3687. If you need to cancel or reschedule please call our office **at least 24 hours in advance.** Two hours will be blocked out for your test. **You will be charged a \$75.00 fee if you fail to give proper notice.**