

VNG (VIDEO-NYSTAGMOGRAPHY)

A VNG is a test designed to evaluate the function of the inner ear by examining eye motion while the body is in different positions. Results of the test may assist the physician in the evaluation and treatment of patients with dizziness or problems with balance. A VNG takes about ninety (90) minutes to complete and includes several subtests, which will be explained by the audiologist (who performs the testing).

Like any medical test, it is important to be prepared so that the most accurate information can be collected during the VNG. **PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY TO MAKE THIS EXPERIENCE AS PLEASANT AS POSSIBLE.**

1. Sometimes a patient may be dizzy after a VNG is performed, so it is preferable to have someone else drive to and from the office. Otherwise, the patient must remain at the office until it is safe to drive.
2. Some medications may affect the results of a VNG. However, patients should continue to take prescribed medications (for heart disease, diabetes, seizure disorders, etc.) in the usual manner.

The following medications may affect the results of the VNG. However, if these medications have been taken by the patient for psychiatric, seizure, or other neurologic disorders, they should only be discontinued after the patient consults with the prescribing physician. **STOPPING THESE MEDICATIONS SUDDENLY MAY RESULT IN WITHDRAWAL SYMPTOMS OR OTHER SERIOUS MEDICAL CONDITIONS.**

Neurontin	Dilantin	Tegretol	Valium	Librium
Seconal	Tuinal	Ventrol	Haldol	Prozac
Zoloft	Lithium			

This is not a complete list of such medications, so please ask if there are questions about any medications being taken. If approved by the prescribing physician, the medications should not be taken for 48 hours prior to the VNG. They can be resumed immediately after the VNG. If these medications cannot be discontinued, the VNG can still be performed.

Medications for dizziness (such as Antivert and Scopolamine), over the counter or prescription sleeping pills, cold and allergy medicines (Sudafed) and prescription allergy medications (Allegra, Zyrtec, etc.) should be discontinued 48 hours prior to the VNG.

3. It is important to get a full night's rest before the test.
4. Caffeinated or alcoholic beverages should not be consumed for 48 hours before the test.
5. Breakfast and/or lunch before the test should be light to avoid an upset stomach.
6. Eye makeup and contact lenses should not be worn to the office on the day of the VNG.
7. Dresses and skirts should be avoided. Slacks and shoes without heels should be worn.

Please call the office at 972-402-8404 the day before the test to confirm your appointment. Your appointment is on _____ at _____

NOTE: A \$50 fee for failure to cancel your appointment 24 hours prior to test will be applied to your bill.