



Piedmont Ear, Nose & Throat Associates, P.A.

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VNG INSTRUCTIONS

Patient's Name: _____

Date of Test: _____

Time of Test: _____

Your doctor has ordered this special test which is designed to help determine the nature of your dizziness. This is primarily a test of the inner ear and will assist us in determining the cause of your dizziness. The test causes no pain; however, it may cause a short dizzy episode following a particular portion of the test.

Please be prompt. A 90 minute block of time has been reserved specifically for you. If you are unable to keep this appointment, please give us 24 hours notice. Please wear comfortable clothing such as pants or slacks. The test is performed with the patient in a lying or sitting position.

1. Accurate inner ear function testing requires any medications that act on your central nervous system or that suppress your inner ear function to be **stopped a full 48 hours prior to the testing appointment.** This would include any medications you take for dizziness, including Antivert, meclizine, Valium, Dramamine, or scopolamine patches. If you forget and take any of the above medications in the 48 hours prior to your testing appointment, we may be unable to perform your test.

2 Other medications that may need to be stopped 48 hours prior to your appointment include: anti-depressants (Zoloft, Prozac, Wellbutrin), sleeping pills, tranquilizers, anti-anxiety medications, sedatives, prescription pain killers that contain narcotics (Tylenol #3, etc), any cold or allergy medications that make you sleepy such as benadryl, Nyquil, etc. **However, some medications should not be stopped abruptly. Please check with your pharmacist or the physician who wrote the prescription regarding any questions or concerns regarding stopping these medications.**

3. Do not drink any alcohol for 48 hours prior to this appointment. This includes: liquor, wine, or beer.

4. Please CONTINUE all medications for the following conditions: heart & kidney problems, high blood pressure, circulatory disorders, breathing disorders, diabetes, cancer, arthritis (non-narcotics), seizures, or hormone imbalance. You may also continue vitamins, steroids, antibiotics, water pills. You may take over-the-counter painkillers such as Tylenol, Advil, ibuprofen, aspirin, and acetaminophen.

5. Please eat lightly the morning of the test. Avoid greasy foods such as bacon, eggs, etc. Toast or cereal are good choices.

6. Please **do not wear any moisturizer, cream, lotion, foundation make-up, or Vaseline on your face.** Please do not wear ANY eye make-up and make sure any residual make-up is completely removed.

7. Some patients experience a slight increase in symptoms immediately after testing. **You may wish to have someone available to call if you do not feel comfortable driving home.**