



Instructions for VNG testing

An appointment has been scheduled for you to have a VNG on _____ @ _____ am/pm.

This is a test of your balance system. Portions of the test may induce a sensation of dizziness; however it is usually brief and subsides by the completion of testing. You may want to have someone accompany you to the visit. The testing takes approximately 60 minutes. After the testing, a follow up visit will be scheduled for Dr. Millman to discuss the test results with you.

Pre-test Instructions: Please read and follow all of the instructions listed on this page as failure to do so may result in the need to reschedule your appointment to a later date.

48 hours prior to testing:

Stop all alcohol consumption and use of recreational drugs.

Stop all non-essential medications, this **includes but is not limited to:**

Anti-nausea medications	Antihistamines/Decongestants
Anti-vertigo/dizzy medications	Stimulants
Tranquilizers*	Antidepressants/Anti-anxiety meds*
Sedatives	Over-the-counter cough, cold & sleep aids
Pain pills	Aspirin
Anti-allergy medications	Diet pills

*Psychiatric medications-please consult the prescribing physician regarding stopping these medications.

12 hours prior to testing:

Stop drinking and eating caffeinated products (including coffee, tea, cola, chocolate).

Day of testing:

DO NOT WEAR ANY EYE MAKEUP, MASCARA, OR EYELASH EXTENSIONS.

No eating 4 hours prior to testing.

*****If you have any questions regarding this information, please call the office and ask to speak to the audiologist.*****