

Pre-Test Instructions: Videonystagmography Testing (VNG)

The VNG test is a necessary test to evaluate your balance system due to your symptoms. The VNG is a painless procedure performed by a Doctor of Audiology and lasts about 1.5 hours. This test will help determine the condition of the balance portion of your inner ear as well as the processing centers of the brain. The test consists of visual tasks, sitting and laying in different positions, and “caloric testing.” Caloric testing involves both cool and warm air presented into your ear. The cooling and warming effect of the fluids in your inner ear causes many people to experience dizziness of a short duration and subsides by the completion of the test. If you are concerned for your symptoms, you may want to bring someone with you to drive home, however, that is not required.

Medication Information

Certain medications can interfere with the results of this test. Therefore, do not take any of the following medications at least 48 hours (preferably 72 hours) prior to the test. ***Consult with your prescribing physician prior to stopping any of these medications. If you are unable to discontinue your medications, please call the office at least 48 hours before your scheduled appointment to discuss.**

- **Anti-Nausea:** Compazine, Dramamine, Bonine, Emend, Inapsine, Marezine, Vontrol, Marinol, Phenergan, Thorazine, Zofran, etc.
- **Anti-vertigo:** Antivert, Imitrex, Meclizine, Phenergan, Scopolamine, Zofra etc.
- **Anti-Histamines:** Actifed, Alavert, Alka-Seltzer, Allegra, Benadryl, Chlor-Trimeton, Claritin, Dimetapp, Tavist, Triaminic, Vick’s NyQuil, Zyrtec, any over-the-counter cold remedies, etc.
- **Sedatives & Antidepressants:** Abilify, Ativan, Antaraz, Buspar, Celexa, Cymbalta, Depakote, Equanil, Etrafon, Haldol, Klonopin, Librium, Miltown, Paxil, Prozac, Risperdal, Serax, Seroquel, Thorazine, Triavil, Valium, Vistaril, Zoloft, Xanax, Zyprexa, etc.
- **Sleep Aids:** Ambien, Halcion, Lunesta, Nembutal, Restoril, Rozerem, Sonata, Seconal, Dalmane, Butisol, any other sleeping pills, etc.
- **Narcotics and Barbituates/Pain medications:** Codeine, Demerol, Dilaudid, Hydrocodone, Lortab, Mepergan, MS-Contin, Oxycodone, OxyContin, Oxymorphone, Percocet, Percodan, Roxanol, Phenobarbital, Tylenol w/codeine, Vicodin, etc.
- **Stimulants:** Adderall, Concerta, Focalin, Metadate, Ritalin, Strattera, Vyvanse, other medications for ADHD, amphetamines, etc.
- **Alcohol:** Including beer, wine, cough medicines containing alcohol, etc.

*If you are hypoglycemic, please let us know prior to your appointment.

***If you are taking medications for Blood Pressure, Heart, Thyroid, Diabetes, and/or Seizures, continue taking your medications as prescribed.**

Important Instructions

1. Do not wear make-up to the test.
2. Avoid caffeinated beverages or use of tobacco at least 8 hours prior to the test.
3. Avoid solid foods for about 3 hours prior to testing.
4. Wear loose and comfortable clothing.
5. It is recommended to have someone drive you home following your testing.

***Failure to follow these instructions can cause inaccurate test results.**

If you have any questions regarding these instructions, please call the office at (919) 876-4327.

***THERE IS A \$100.00 CANCELATION / NO SHOW FEE.
(WE REQUIRE 48 HR NOTICE TO CANCEL OR RESCHEDULE.)**