



Patient Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am / pm

### Instructions for Videonystagmography (VNG) Evaluation

Videonystagmography (VNG) is used to evaluate patients with dizziness, vertigo, or balance dysfunction. The inner ear and eyes movements are connected through the vestibulo-ocular reflex. The vestibular system monitors the position and movements of the head in order to stabilize retinal images on the eye. In this test, eye movements are recorded, and give information about the central and peripheral balance system. It provides an objective assessment of the oculomotor and vestibular systems. VNG testing consists of three parts: oculomotor evaluation, positioning/positional testing, and caloric stimulation of the vestibular system.

The test takes about up to 1 hour (60 minutes) to complete. Since the hearing and balance functions of the inner ear are closely related, a hearing test must be completed before the VNG if not recently performed. Some dizziness is normal with VNG testing, and typically is of short duration. It is advised to bring someone to the appointment to drive you home, should you feel unwell afterwards.

#### **What Happens During a VNG Test:**

During the evaluation you will be wearing a set of goggles that are equipped with an infrared camera that records your eye movements. The VNG test consists of three parts.

**Part One - Ocular-Motor Testing:** You will be asked to watch a series of lights, dots and figures; this evaluates your eye muscles and central nervous system.

**Part Two – Positional Testing:** You will be asked to sit, lie down, and turn your head in various directions. This test evaluates your central nervous system and the balance organs in your inner ear. **Please notify us if you have any neck or back issues that would prevent you from sitting up and lying down at a rapid speed.**

**Part Three - Caloric Testing:** You will be lying on your back at an angle with the goggles covered. Cool and warm air will be put into your ears for about two minutes and is likely to induce some dizziness. After two minutes the cover will be taken off your goggles and you will be asked to fixate on a spot on the ceiling – this will help the dizziness go away. The audiologist will ask you to perform some mental tasks during the test, such as counting backwards or thinking of names. These activities keep the mind busy and alert so that valid test results are obtained. Remember that though you may feel dizzy during the test, you should feel better by the time you leave.

#### **Import Instructions for VNG Testing**

Certain medications must be avoided for 48 hours (2 days) before your appointment time.

#### **You must discontinue use of the following medications for 48 hours prior to your test:**

- Allergy pills
- Tranquilizers (Valium, Librium, Xanax, etc.)
- Sedative pills (all sleeping pills or tranquilizers)

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- Decongestants/Antihistamines (Benadryl, Sudafed, Dimetapp, Chlortrimeton, Seldane)
- Pain pills
- Diet pills
- Nerve/muscle relaxant pills (Robaxin, Valium)
- Dizziness pills (Antivert, Meclizine, Bonine, ear patches, etc.)
- Aspirin or aspirin substitutes (Tylenol, etc.)
- Narcotics/Barbiturates (Codeine, Demerol, Percodan, Phenobarbital, antidepressants)

### **Additional instructions:**

- Wear comfortable clothing and flat, supportive shoes.
- Clean face, no facial or eye makeup (No Mascara).
- If you are a contact wearer, be prepared to remove them if it interferes with the testing.
- No solid foods for **4 hours** before the test (last meal should be light to bland food).
- No smoking for **3 hours** before the test.
- No coffee, tea, or cola **after midnight** on the day of the test.
- No alcoholic beverages/liquid medication containing alcohol **48 hours** before the test.
- Discontinue all medication for 48 hours prior to the test, **except** "maintenance" medications for your heart, blood pressure, diabetes, or seizures, and any medications deemed by your physician to be necessary.

***\*\*Please do not discontinue prescription medications without checking with the physician who prescribed them. If you cannot go without a medication listed above, you must call the audiologist at 718-780-1755 to discuss this prior to arriving for the evaluation***

If you forget and take any of the above medication in the 48 hours prior to your appointment and/or do not follow the requirements stated above before your appointment, **We will be unable to perform your test and will need to reschedule your appointment in order to obtain reliable results.**

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Audiologist

\_\_\_\_\_  
Date