

## **Videonystagmography (VNG) Test**

You are scheduled to have a test of your balance system. An extensive evaluation is required at times to determine the cause of dizziness or unsteadiness. The tests necessary to diagnose your problem have been determined by your doctor at the time of examination, and may include detailed hearing and balance tests. The object of this evaluation is to be certain that there is no serious disease, and to try to pinpoint the exact site of the problem. This lays the groundwork for effective medical or surgical treatment by your doctor.

The videonystagmography (VNG) test is the electronic recording of nystagmus (eye jerks). There are neural connections that stretch from the balance mechanism in the inner ear to the muscles of the eye. A disorder of the balance mechanism results in small eye jerks that can only be detected by a sophisticated computer. A pair of goggles, outfitted with a camera over one eye, is used to record these eye jerks during a series of tasks. The balance mechanism is monitored during tasks that consist of looking back and forth between designated points, lying in different positions, and sitting up and lying down. The final portion of the test requires putting cool and warm air in the ear canal for one minute in order to determine if the balance mechanism of each ear can increase and decrease normally in response to stimulation. Some individuals become dizzy for 2-3 minutes, but most are able to drive home after the test without difficulty. If you are concerned about not being able to drive afterwards, please make arrangements for someone to transport you.

### **VNG Test Instructions**

Please dress comfortably. Do not use mascara or excessive makeup around the eyes. The test will take 1½ to 2 hours.

Certain substances can influence the body's response to this test, giving a useless or even false result. **Continue to take heart, high blood pressure, and anticonvulsant medications.** Questions regarding other medications should be discussed with your doctor.

**Do not** drink coffee, tea, cola, or any other beverage containing caffeine within **24 hours** of the test.

**Do not** eat or smoke for **3 hours** before the test.

The following medications **must not** be taken for at least **2 days (48 hours)** before the test:

ALCOHOL IN ANY QUANTITY: Including beer, wine, and cough medicines containing alcohol.

ANTI-NAUSEA MEDICINE: Dramamine, Compazine, Bonine, Marezine, Phenergan, Thorazine, etc.

ANTI-VERTIGO MEDICINE: Antivert, Meclizine, Scopolamine, Flunarizine

ANTIHISTAMINES: Chlortrimeton, Dimetane, Disophrol, Benadryl, Actifed, Teldrin, Triaminic, any over-the-counter cold remedies, etc.

ASPIRIN

MARIJUANA

NARCOTICS AND BARBITUATES: Phenobarbital, Codeine, Demerol, Benadryl, Actifed, Teldrin, Triaminic, any over-the-counter cold remedies, etc.

QUININE

SEDATIVES: Nembutal, Seconal, Dalmane, Doriden, Placidyl, Qualude, Butisol, chloral hydrate or any other sleeping pills.

STIMULANTS Amphetamines

TRANQUILIZERS: Benzodiazepines, Ativan, Xanax, Valium, Librium, Atarax, Vistaril, Equanil, Miltown, Triavil, Serax, Etrafon, etc.