

FYZICAL THERAPY AND BALANCE CENTER
at
EASLEY HEAD AND NECK SURGERY, P.A.
115 WHITMIRE RD.
EASLEY, SC 29640
(864)855-2411

VIDEONYSTAGMOGRAPHY (VNG) INSTRUCTIONS

Your physician has requested that you have a VNG test performed by a physical therapy doctor. The VNG test is a test of your balance system commonly known as your equilibrium. It is high tech goggles that will record your eye movements in different head positions and stimulate what's called your vestibular organ. The last portion of the test will involve blowing warm and cold air in each ear to try to expose weaknesses in this balance organ. This part of the test may make you feel dizzy for a short period of time (usually seconds, but maybe a few minutes) and will fade away very quickly. This is necessary to isolate the origin of the disturbance. This test usually requires about one and half hours to complete.

PLEASE NOTE THE FOLLOWING SPECIAL INSTRUCTIONS

1. There are certain medications that can affect the VNG results. For this reason, please **DO NOT** take any of the following for 48 hours prior to the test:

- a. **ANTI DIZZINESS PILLS (Antivert, Meclizine, Valium, etc)**
- b. **ANTIHISTAMINES**
- c. **BARBITUATES**
- d. **DIET PILLS / AMPHETAMINES**
- e. **SEDATIVES**
- f. **SLEEPING PILLS**
- g. **TRANQUILIZERS**

If you are uncertain or have any questions, please consult your physician to see if your medication contains any of the above, if they excite or depress the central nervous system or if they affect dizziness. It is important to be highly alert during the test.

2. **DO NOT** drink alcoholic beverages for 48 hours prior to testing.
3. **LADIES**: please limit amount of products on the face on day of test including make up, moisturizers, lotions or creams.
4. Avoid caffeine and foods with high sodium levels 8 hours prior to testing.
5. **DO NOT** eat immediately before test. If you have a morning appointment, do not eat breakfast. If you have an afternoon appointment, you may eat a light breakfast and then nothing after 10:00 a.m.
6. Wear comfortable clothing

If you have any questions, please call Fyzical Therapy and Balance Center (EHNS) at 864.855.2411.