

CENTRAL OHIO EAR, NOSE AND THROAT, INC.

**41 COMMERCE PARK DR.
WESTERVILLE, OH 43082**

**6860 PERIMETER DR. SUITE A
DUBLIN, OH 43016**

VIDEONYSTAGMOGRAPHY (VNG) INSTRUCTIONS

Appointment date and time: _____

VNG is a test of the balance system. It is a localizing study that helps to detect if your dizziness/vertigo/equilibrium problem is from the central nervous system, brainstem, or peripheral vestibular portion of the inner ear itself. The balance system is housed in the inner ear therefore a hearing test will be necessary prior to the VNG (if you have not already had one in our office), to assess the system up to this point.

You will be wearing video goggles. These goggles have small infra-red cameras inside of them that will record your eye movements.

The test is broken down into three parts: (1) Looking at a light bar and following lights. (2) Laying in different positions. (3) Stimulation of the balance system by introducing air into the ear canal. This may cause dizziness. Should this happen, it generally lasts only a minute or so. The entire test takes about an hour. If you are scheduled for a hearing test also, plan on being here 1½ hours.

Please make arrangements for someone to drive you if possible, as you may not feel like driving immediately following the test. For about an hour after the test, it will take less activity to make you dizzy. We also recommend that you avoid computers and reading for about an hour.

DO NOT wear makeup, particularly mascara. DO NOT wear hard contacts. Dress comfortably.

****It is necessary to discontinue the following types of medications 48 hours (2 days) before the test. Certain medications/substances can affect the body's response to the test and the results will not be valid.****

****It is strongly advised that you contact the prescribing doctor regarding these medications to ensure that they can be safely stopped.****

| | | | |
|---------------------|-------------------------------------|--|--|
| Anti-nausea | Tranquilizers | Narcotics | Meclizine/Antivert |
| Barbiturates | Antihistamines/Decongestants | | Anti-depressants |
| Valium | Pain medicine | Cold/Cough medicine (including over-the-counter counter | Sleep medicine (including over-the- |
| etc) | | Benedryl, Nyquil, etc...) | Tylenol PM, Excedrin PM, |

**No Alcohol/Beer/Wine for 48 hours (2 days) before the test.
No eating or drinking 4 hours prior to the test. NO COFFEE. No smoking prior to the test.**

If for some reason you are unable to stop a medication or have any questions, please call and speak with the audiologist.