

Videonystagmography (VNG) Pre-Test Instructions



OTOLARYNGOLOGY DEPARTMENT



VNG is a test that helps assess the function of the balance system. During the test you'll be wearing a pair of goggles designed with a camera for each eye. The cameras videotape and record eye movement, allowing us to measure visual tracking and a certain type of eye movement called nystagmus. The results of the VNG test provide information that is useful in determining the cause of dizziness or imbalance and in making recommendations for treatment.

The test takes about an hour and 45 minutes to complete. Please eat lightly **12 hours prior** to your appointment. If your appointment is in the morning, you may have a light breakfast such as toast and juice. If your appointment is in the afternoon, eat a light breakfast and have a light snack for lunch. **Please avoid caffeinated beverages such as coffee, tea or soft drinks.**

Please do not wear eye make up the day of the test. The cameras focus on the darkest part of the eye, the pupil. When the camera detects other dark areas, such as eyeliner or mascara, it jumps around trying to record that as well, compromising the quality of the recording.

Certain medications or substances can influence the body's response to the test, causing a false or misleading result. **Please refrain from taking the medications or substances listed below for 48 hours prior to your test date: Always consult with your physician before discontinuing any prescribed medication.**

- **Alcohol:** Including beer, wine or cough medicine.
- **Analgesics–Narcotics:** Codeine, Demerol, Phenaphen, Tylenol with Codeine, Percocet, Darvocet.
- **Anti-Histamines:** Chlortrimeton, Dimetapp, Disophrol, Benedryl, Actifed, Triaminic, Hismanol, Claritin, any over the counter remedies.
- **Anti-Seizure Medication:** Dilantin, Tefretol, Phenobarbital.
- **Anti-Vertigo Medication:** Antivert, Ruvert, Meclizine.
- **Anti-Nausea Medication:** Atarax, Dramamine, Compazine, Antivert, Bucladin, Phenergan, Thorazine, Scopolamine, Transdermal.
- **Sedatives:** Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pill.
- **Tranquilizers:** Valium, Librium, Atarax, Vistaril, Serax, Ativan, Librax, Tranxene, Xanax.

You may take medications for diabetes, heart disease, blood pressure, thyroid or hormone replacement.

Testing may cause a sensation of motion that may linger. If possible, we encourage you to have someone to accompany you to the appointment. If this is not possible, try to plan your day to allow an extra 15 to 30 minutes after your test before leaving the office.

If you have any questions about the VNG test, please call our office at **503-293-0161 ext. 4057** and ask to speak to your audiologist.

Dear _____,

You have been scheduled for a VNG (balance) test at

_____ on _____

____ You will be able to see Dr. Esmer / Dr. Pavlovich immediately following this test.

____ You have an appointment to discuss these results with Dr. Esmer / Dr. Pavlovich at

_____ on _____

____ You will receive a phone call or MyChart message regarding the results.

If you are completing the VNG in conjunction with an ENT appointment, please allow about 2-2 ½ hours to complete all appointments.

If you are a current ENT patient, please plan to arrive 15 minutes prior to your appointment for check-in. If you are a new patient and have not filled out ENT paperwork yet, please arrive 30 minutes early.

On the other side of this page are instructions for preparing for the VNG and an explanation of what the VNG test accomplishes.

If you need to reschedule your appointment or have any questions or concerns, please call our office at **(503) 293-0161 ext. 4057**. We ask for 24 hours notice to avoid a late cancellation fee.

Thank you,

The Portland Clinic Audiology Department
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