

PATIENT INSTRUCTIONS FOR DIZZINESS TESTING

Testing is performed at the following office locations:

500 Independence Parkway, Suite 100
Chesapeake VA 23320
(757) 547-9714

or

361 Southport Circle, Suite 100
Virginia Beach, VA 23452
(757) 464-1500

Appt Date: _____ Appt Time: _____ am/pm

VIDEONYSTAGMOGRAPHY (VNG) or ELECTRONYSTAGMOGRAPHY (ENG)

You have been scheduled to undergo a VNG or ENG test. This test will take approximately 1 hour. Both are tests of the inner ear to evaluate equilibrium, but have two different methods of recording eye movements. Goggles are worn over the eyes during the VNG test, and electrodes are placed around the eyes during the ENG test. VNG will be performed unless you have severe vision and eye movement problems.

In order for us to obtain accurate results, certain precautions are necessary. Please read the following:

1. It is important that during the 48-hour period (2 days) directly preceding your examination you **DO NOT** take any of the following:
 - Narcotics or aspirin
 - Anti-convulsants
 - Anti-depressants or anti-anxiety medications
 - Sedatives or tranquilizers
 - Medicines to prevent dizziness/motion-sickness or nausea
 - Antihistamines and cold medications
 - Alcoholic beverages

Continue any medications you have been on for 6 months or longer, for example thyroid, hormones and heart problems.

1. **DO NOT** stop taking any prescribed medications without consulting the prescribing physician.
2. **PLEASE LIST YOUR CURRENT MEDICATIONS BELOW AND BRING THIS LIST WITH YOU TO YOUR APPOINTMENT.**

<u>Drug name</u>	<u>Dose</u>	<u>Frequency</u>	<u>Route of Administration</u>
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PLEASE READ/COMPLETE BACKSIDE THOROUGHLY

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3. **DO NOT** eat or drink anything 2 hours prior to your test
 4. Ladies are asked to wear slacks and **NO MAKEUP**. Slacks are convenient because you will be lying down on an exam table. Eye makeup interferes with the VNG test, especially mascara and eyeliner. Makeup, at least above the cheeks, is requested because electrodes may be placed around the eyes and a better connection can be made on a clean skin surface; please refrain from using makeup for the examination.

You might need someone to drive you home after the test due to possible lightheadedness. However, you will usually feel fine. There is no reason to be alarmed concerning this examination. You will be required to follow a moving light with your eyes, to move your head quickly, and to allow us to blow warm and cool air into your ears. Nothing will hurt you, but you may become slightly to moderately dizzy. However, the dizziness usually lasts only a couple of minutes.

BRAIN STEM EVOKED RESPONSE AUDIOMETRY (BERA)

This test takes from 20 to 40 minutes and usually follows the VNG/ENG test, but may be conducted separately.

This test is also known as an Auditory Brainstem Response (ABR) or Auditory Evoked Potentials (AEPs). It assesses how well the nerves leading from each ear to the brain are carrying the electrical impulses.

You will be reclining on a table and may go to sleep if you wish. It may be a good idea to have a sweater or jacket handy to make you comfortable.

Electrodes will be placed on the forehead and behind each ear. An earplug will be placed in each ear canal. You will be hearing loud clicks in one ear and possibly be hearing a loud sound like a waterfall in the other ear. Nothing is required of you except to fully and completely relax.

If you have any further questions, you may call one of our audiologists at (757) 547-9714 at Chesapeake, or (757) 464-1500 at Virginia Beach.