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## PATIENT INSTRUCTIONS FOR VNG TESTING

You will be instructed to **refrain from taking certain medications for 48 hours prior to your test date**. Certain medications can influence the body's response to the test, thus giving a false or misleading result. You will find a short list below; however, if you have any questions or concerns about discontinuing your medications, please consult your doctor.

**Alcohol:** beer, wine, cough medicine. **Anti-vertigo medicine:** Antivert, Ru-vert, Meclizine.

**Sedatives:** Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pill.

**Tranquilizers:** Valium, Librium, Atarax, Vistaril, Serax, Ativan, Librax, Tranxene, Xanax.

\*\*\*You **may take** blood pressure medications, heart medications, thyroid medication, Tylenol, insulin, estrogen, etc. Always consult with your physician before discontinuing any prescribed medication.

**Please eat lightly for 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 caffeine in beverages such as coffee or soft drinks.* **Patients are asked to refrain from wearing make-up, especially eye-makeup.**

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

### Your Testing Time

A comprehensive battery of tests will be performed during the 90 minute appointment allocated for you. Prior to each test an explanation will be given so that you will have a better understanding of what is being tested and why. We make every attempt to make your visit comfortable as well as educational.

Once your evaluation is completed, each part is carefully evaluated and reviewed. This process is as important as your test, so please understand that your test results will not be discussed in detail at the time of your evaluation. Once the interpretation has been made, a detailed report will be forwarded to you and/or your referring physician.