

## **Preparing for Vestibular Testing**

At NYHD we perform a battery of tests to comprehensively evaluate patients with balance dysfunction. One of the most commonly-administered tests is called Videonystagmography (VNG). VNG is used to evaluate patients with dizziness, vertigo, or balance dysfunction. The inner ear and eye movements are connected through the vestibulo-ocular reflex. The vestibular system monitors the position and movements of the head in order to stabilize retinal images on the eye. In this test, eye movements are recorded, and give information about the central and peripheral balance system. It provides an objective assessment of the oculomotor and vestibular systems. VNG testing consists of three parts: oculomotor evaluation, positioning/ positional testing, and caloric stimulation of the vestibular system.

The test takes approximately one hour to complete. Some dizziness is normal with VNG testing, and typically is of short duration. Everyone has a different reaction. Your response depends on the underlying cause of your dizziness. If you're already experiencing symptoms of dizziness, the tests won't make them worse than they already are and they won't cause previous dizziness episodes to return.

Most of our patients feel fine to drive or take public transportation after testing, however, it is advised to bring someone to the appointment should you feel unwell afterwards.

**You must discontinue use of the following medications for 48 hours prior to your test (unless specifically instructed by your physician to NOT discontinue use):**

- Allergy medications
- Tranquilizers (Valium, Librium, Xanax, etc.)
- Sedative medications (all sleeping pills of tranquilizers)
- Decongestants/ antihistamines (Benadryl, Sudafed, Dimetapp, etc.)
- Pain medications
- Diet medications
- Nerve/ muscle relaxant medications (Valium, etc.)
- Dizziness medications (Antivert, Meclizine, ear patches, etc.)
- Aspirin or aspirin substitutes (Tylenol, etc.)
- Narcotics/ barbiturates (Codeine, Demerol, Percodan, antidepressants)

### **Additional instructions:**

- Wear comfortable clothing and flat, supportive shoes.
- Clean face, no facial or eye makeup.
- No solid foods for 2-4 hours prior to testing.
- No coffee, tea, or soda after midnight on the day of the test.
- No alcoholic beverages/ liquid medication containing alcohol 48 hours before testing.
- Discontinue all medication for 48 hours prior to the test, except 'maintenance' medications for your heart, blood pressure, diabetes, or seizures, and any medications deemed by your physician to be necessary.

Please contact our office at **212 774 1971** should you have any questions. Should you need to reschedule your examination, kindly provide 48 hours notice.