

VNG Patient Instructions

Videonystagmography (VNG) testing evaluates the status of the balance system, including the inner ear and portions of the central and peripheral nervous system. Prior to the VNG, a series of auditory tests will be performed to assess the overall function of the ear. The VNG consists of three main components:

- A. Visual tracking –you will be asked to watch a series of lights as they move across a screen.
- B. Positional testing – you will be asked to lie down in a variety of different positions, during which eye movement will be monitored for signs of dizziness/vertigo.
- C. Bi-thermal caloric irrigation – while comfortably lying down with your eyes closed, warm and cool water will be directed into the ear canal. This often induces a sensation of movement to which the eyes react. The reaction is measured and compared across four trials.

**Testing typically takes 1.5 hours and is not painful.
Since dizziness may occur during and/or after testing, it is recommended
that you have a friend or relative available to drive you home.**

Preparation:

1. Discontinue all non-essential medication 48 hours prior to your appointment, including:
 - a. Tranquilizers (Valium, Librium, Atarax, etc.)
 - b. Anti-vertigo medications (Meclizine, Antivert, Dramamine, etc.)
 - c. Sedatives (Seconal, Dorident, sleeping pills, etc.)
 - d. Narcotics (Codeine, Demerol, Percodan, etc.)
 - e. Antihistamines (Claritin, Actifed, Benadryl, etc.)
 - f. Nasal sprays (Nasacort, Vancanase, Flonase, etc.)

DO NOT DISCONTINUE ESSENTIAL MEDICATIONS: Heart medications, insulin, thyroid medications, antidepressants, hypertension medication, and anti-seizure medications.

If you are concerned about discontinuing a medication, please consult your physician.

2. Do not consume alcohol 24 hours prior to testing.
3. Do not consume caffeine or smoke tobacco on the day of testing.
4. It is recommended that you eat lightly (or not at all) prior to testing.
5. Special goggles will be worn during the testing. Wear minimal or no makeup, particularly eye makeup, on the day of the testing.
6. Please remove contact lenses prior to testing.

Please feel free to contact our office at 410-569-5999 with any questions or concerns.