

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 compared across four trials.

Preparation:

- Discontinue all **non-essential** medication 48 hours prior to your appointment, including:
 - Tranquilizers (Valium, Librium, Atarax, etc.)
 - Anti-vertigo medications (Meclizine, Antivert, Dramamine, etc.)
 - Sedatives (Seconal, Dorident, sleeping pills, etc.)
 - Narcotics (Codeine, Demerol, Percodan, etc.)
 - Antihistamines (Claritin, Actifed, Benadryl, etc.)
 - 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.

- Do not consume alcohol 24 hours prior to testing.
- Do not consume caffeine or smoke tobacco on the day of testing.
- It is recommended that you eat lightly (or not at all) prior to testing.
- Special goggles will be worn during the testing. Avoid wearing eye & face makeup.
- Please remove contact lenses prior to testing.

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