



974 Bethel Road Suite A  
Columbus Ohio 43214  
614-538-2424

Your appointment is scheduled on: \_\_\_\_\_

## Instructions and what to expect from your VNG

### ***PLEASE READ CAREFULLY 48 HOURS BEFORE TESTING!!***

A VNG (videonystagmography) test has been scheduled for you in an effort to assist your physician in determining the cause of your symptoms. The VNG consists of a battery of tests that contribute information on the condition of your balance system. The exam takes approximately one hour and should not cause you pain. You may experience brief episodes of dizziness during some portions of the test. A physician will interpret your test results, correlate it with other clinical findings, and report the findings to you.

Certain substances that affect the Central Nervous System (CNS) can influence your response to this test. **Therefore you must refrain from certain medications and alcohol (including beer, wine, and mixed drinks) for 48 hours before testing.** There is a partial list of medications on the following page which need to be held for 48 hours before testing. **DO NOT refrain from LIFE SUSTAINING MEDICATIONS!** If you have any questions about medications that you are currently taking, please call our office for clarification.

In addition, please **refrain from eating for 4 hours** before testing. **IF YOU ARE DIABETIC, DO NOT ALTER YOUR CURRENT DIET OR DIABETIC MEDICATION REGIMEN.**

Please wear comfortable clothing. Due to the sensitive nature of the infra red goggles used for testing, **patients are prohibited from wearing eye and facial make-up** (including eyeliner, eye shadow, mascara and false eye lashes). Contact lenses are permissible. You may be asked to remove any earrings.

If the patient is under the age of 18, he or she must be accompanied by a parent or legal guardian. Children are not permitted in the exam room during testing. Children are not permitted to remain in the waiting area unless attended by a parent or legal guardian.

**Failure to comply with these instructions will compromise test results and may result in your test being rescheduled for another day. Please notify the office within 24 hours if you cannot keep this appointment.**

## MEDICATIONS TO BE STOPPED 48 HOURS BEFORE VNG/ENG

***This list is NOT all inclusive.***

*If you have any questions regarding your medications, please call our office for verification at least 2 full days before testing.*

**Over-the-counter medications:** all allergy medications  
all cold medications  
all sleep aids  
anti-itch creams containing antihistamines  
cough syrups

### Allergy Meds

Allegra  
AlleRx  
Antihistamine sprays  
Astelin nasal spray  
Astepro nasal spray  
Benadryl  
Claritin  
Clarinx  
Nolamine  
Pataday eye drops  
Patanase nasal spray  
Zyrtec

### Pain Meds

Darvocet  
Demerol  
Dilaudid  
Lortab  
Morphine  
Oxycontin  
Oxycodone  
Paxicodone  
Percocet  
Phrenilin  
Topamax  
Vicodin

Wygesic  
Zydone

### Dizziness/Nausea/Diarrheal

Antivert  
Atarax  
Compazine  
Dramamine  
Meclizine  
Phenergan  
Scopolamine patch  
Zofran

### Herbal remedies

Ginkgo  
Valerian  
Etc.

### Psychotherapeutic Agents/ Antidepressants

BuSpar  
Celexa  
Clorazil  
Concerta  
Depakote  
Elavil  
Haldol  
Klonopin  
Librium  
Lithium

Miltown  
Paxil  
Prozac  
Ritalin  
Sinequan  
Sedatives  
Sleeping Pills  
Stelazine  
Strattera  
Trazadone

Triavil  
Valium  
Vivactil  
Wellbutrin  
Xanax  
Zoloft  
Zyprexa

### Restless Leg

Requip  
Mirapex

Other  
Neurontin

### \*Seizure Meds\*

Dilantin  
Mebaral  
Tegretol  
Phenobarbital

**\*check with your  
doctor before stopping  
these medications\***

**THESE MEDICATIONS ARE OKAY: Heart meds, cholesterol meds, glaucoma, blood pressure meds, thyroid meds, diabetes meds, reflux meds, hormone treatment, birth control pills, Imitrex, asthma inhalers, regular/plain Tylenol & Advil, antibiotics, Kaopectate, Imodium, and Pepto Bismol**