



VIDEONSYTAGMOGRAPHY (VNG)

A Videonystagmography (VNG) is a diagnostic evaluation of the vestibular and central balance system. It is typically used to determine the source of dizziness or unsteadiness in an individual. This test is also performed prior to some surgeries.

The VNG consists of three sub-tests that are designed to evaluate different parts of the balance system. These sub-tests include visually following objects on a screen, sitting and lying in different positions and having a stream of warm and cool air blown into the ears. The individual's eye movements are recorded throughout testing using a set of goggles with small infrared cameras in them.

Certain substances that affect the Central Nervous System (CNS) can influence the results on this test. **Failure to comply with these instructions will compromise test results and may result in your test being rescheduled for another day.**

48 Hours Prior to Testing:

1. Refrain from caffeine and alcohol consumption. (e.g., coffee, tea, sodas, beer, wine, and mixed drinks).
2. Refrain from taking medications. Do NOT refrain from life sustaining medications. (There is a partial list of medications on the following page.)

Day of testing:

1. **Do not eat 2 hours before testing.** If you are diabetic, do NOT alter your current diet or diabetic medication regimen.
2. **Do not apply any eye make-up** before testing. The sensitive cameras required for testing will not focus correctly if you do.
3. **Remove hard or colored contact lenses** before the exam.
4. If possible, bring someone to drive in the event you feel off balance or dizzy at the conclusion of the evaluation.
5. Wear comfortable clothing, as you will be changing positions on the exam table. Additionally, you may choose to wear flat/low-heeled shoes in the event you feel off balance or dizzy at the conclusion of the evaluation.

Please notify the office at (972) 566-7359 at least 48 hours before the test if you cannot keep the appointment.

7777 Forest Lane, Suite A-103
Dallas, Texas 75230
Phone: (972) 566-7359
Fax: (972) 566-3883

MEDICATIONS TO BE STOPPED 48 HOURS BEFORE VNG

Over the counter medications:

- all allergy medications
- all cold medications
- all sleep aids
- cough syrups

Allergy Meds

Allegra
Antihistamine sprays
Astelin nasal spray
Astepro nasal spray
Benadryl
Claritin
Clarinex
Pataday eye drops
Patanase nasal spray
Zyrtec

Pain Meds

Demerol
Dilaudid
Lortab
Morphine
Oxycontin
Oxycodone
Percocet
Topamax
Vicodin
Wygesic

Dizziness/Nausea/Diarrheal

Antivert
Compazine
Dramamine
Meclizine
Phenergan
Scopolamine patch
Zofran

Herbal Remedies

Ginkgo
Any other herbal meds

Psychotherapeutic Agents/

Antidepressants

Buspar	Librium	Trazodone
Celexa	Lithium	Triavil
Clozaril	Miltown	Valium
Concerta	Paxil	Vivactil
Cymbalta	Prozac	Wellbutrin
Depakote	Ritalin	Xanax
Elavil	Sedatives	Zoloft
Haldol	Sinequan	Zyprexa
Klonopin	Sleeping pill	
Lexapro	Stelazine	

Restless Leg

Requip
Mirapex

Other
Neurontin

Seizure Meds

Dilantin
Tegretol
Phenobarbital
***check with your doctor
before stopping seizure
medications**

These medications are okay to continue: Heart meds, glaucoma, blood pressure, thyroid, diabetes, reflux, hormone replacement, birth control, Imitrex, asthma inhalers, Tylenol, Ibuprofen, antibiotics, Imodium, Pepto Bismol

If you have any questions regarding the test itself or the test instructions, please call our office at (972) 566-7359.

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