

VNG/ENG Patient Instructions

Your physician has recommended you have a videonystagmography (VNG) or electronystagmography (ENG) evaluation.

Test Description: A series of tests, lasting approximately 1 hour, that are used to assess the function of your inner ear, brain, and balance system. By recording and measuring eye movements we are able to evaluate the possible cause of dizziness and associated symptoms.

Preparing for Testing

3 days Prior to Testing:

- Medications
 - **Always continue life-supporting medications, including heart, diabetes, blood pressure, and seizure medication, or any medication you have taken daily for over 3 months.**
 - Discontinue all medications for dizziness at least 3 days prior to testing. These medications can interfere with test results. Medications which should be discontinued might include:
 - **Meclizine**, Bonine, Compazine, Dramamine, Phenergen, Transderm, Scopolamine, and Valium
 - Discontinue any medications taken on an as-needed basis, these might include anti-anxiety, anti-histamines, and sleeping pills/sedatives.
 - If you are unsure about discontinuing a medication please consult your physician or call 704-295-3300.

2 Days Prior to Testing:

- All alcohol, including beer, wine, liquor, must be discontinued.
- No cigarettes or tobacco products.

Day of Test:

- Have a light meal the day of testing but avoid eating 2 hours prior to testing.
- **Please do not wear eye make-up, especially mascara, eye-liner, and eye-shadow.** All make-up will need to be removed prior to testing.
- Dress comfortably.
- Do not bring small children to the test.
- You may choose to arrange alternate transportation. Some people continue to feel a little dizzy after testing. Most people, however, leave feeling about as good as when they arrived.

Please contact 704-295-3300 with any questions regarding testing or to cancel/reschedule your appointment