

## **Chesapeake Hearing Centers Patient ENG/VNG Instructions**

You have been scheduled for a battery of tests to evaluate your dizziness, lightheadedness, or balance problems. Testing may include a hearing test and VNG evaluation. Prior to each test, an explanation will be given to you so you will have a better understanding of what is being tested and why. We make every attempt to make your visit comfortable as well as educational.

Prior to your test day, please review and follow these instructions. ***Failure to follow these instructions may result in rescheduling of testing.***

1) So that the tests may be administered properly, we ask that you refrain from wearing any eye or face makeup or cream. If you must apply makeup or cream, please bring makeup remover with you and remove upon arrival.

2) Please *refrain* from taking certain medications for 48 hours prior to your test date. Certain medications can influence the body's response to the test, thus giving a false or misleading result. You will find a short list below.

**PLEASE DO NOT DISCONTINUE MEDICATION WITHOUT THE EXPRESS CONSENT OF YOUR PHYSICIAN. \*\*\*\*\* You may take blood pressure medications, heart medications, thyroid medication, diabetic medication, Tylenol, insulin, estrogen, etc. \*\*\* If you are not able to discontinue these medications, please inform the audiologist you are seeing upon arrival.**

*Alcohol:* beer, wine, hard liquor, cough medicine.

*Analgesics-Narcotics:* Codeine, Demerol, Percocet, Darvocet

*Anti-dizziness medicine:* Anti-vert, Meclizine.

*Anti-nausea medicine:* Dramamine, Compazine, Antivert, Phenergan, Thorazine, Scopalamine, Transdermal.

*Sedatives:* Halcion, Restoril, Nembutal, Seconal, Dalmane, or any sleeping pill.

*Tranquilizers:* Valium, Librium

3) Please eat lightly for 4 hours prior to your appointment. If your appointment is in the morning you may have a light breakfast such as toast and juice. If your appointment is in the afternoon eat a light breakfast and have a light snack for lunch. Please avoid caffeinated beverages such as coffee, tea or soft drinks.

Testing may cause a sensation of motion that may linger. If possible we encourage you to have someone drive and accompany you to and from the appointment, however, if this is not possible try to plan your day to include an extra 15 to 30 minutes after your test before leaving the office.