



Kassidy Moore, Au.D.
Marlee DeMots, Au.D.

Testing Information

VNG (Videonystagmography) testing is used to assist in determining the function of portions of the vestibular system. These systems have the potential to contribute to balance and/or vertigo/dizziness problems a patient may be having. Testing can involve positional changes, eye tracking tasks, and air stimulation. Infrared goggles are used to record eye movements during testing and results are reviewed to determine potential dysfunctions of the vestibular system. Please note, appointments can last up to an hour and a half.

Instructions

- 1) Continue to take medications related to heart conditions, high blood pressure, seizures, diabetes, etc.
- 2) **Do not** take medications for vertigo/dizziness **48 hours** prior to testing. Please refer to **list on back**. ****Your appointment will be rescheduled if you take any of the listed medications within 48 hours of your test.****
- 3) Wear comfortable clothing.
- 4) **Do not wear eye make-up.**
- 5) Do not consume alcohol within 24 hours prior to testing.
- 6) Do not eat 4 to 6 hours prior to testing. If it is necessary to eat, please consider a light meal.
- 7) Because patients may feel uneasy or dizziness after testing, please consider arranging transportation assistance.
- 8) Notify our office if you are unable to have free range of motion of the neck or back.
- 9) Please complete and bring the attached questionnaire the day of your testing.

If you have any questions concerning this information, please contact
The Hearing Center at Quail Creek
(806) 355-9999

Medication List

Do Not take any of the following medications **48 hours** prior to your VNG:

- **Antihistamines** (Benadryl, Claritin, Zyrtec, Allegra, etc.)
- **Antidepressants/Antianxiety** (Prozac, Zoloft, Sarafem, Celexa, Wellbutrin, Pristiq, Lexapro, Sinequan, Cymbalta, Ativan, Xanax, Valium, etc.)
- **Anti-dizziness/Antinausea** (Antivert, meclizine, scopolamine, Phenergan, etc.)
- **Sedatives/Sleeping pills** (Ambien, Halcion, Sonata, Lunesta, Tylenol PM, etc.)
- **Pain Medications** (OxyContin, Vicodin, Lortab, codeine, hydrocodone, Demerol, etc.)
- **Muscle Relaxers** (Flexeril, Soma, skelaxin, Zanaflex, Valium, etc.)