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## Videonystagmography (VNG)

[www.trinityaudiology.com](http://www.trinityaudiology.com)

A VNG has been ordered by your physician to help determine the cause of your dizziness or balance problem. The procedure is painless, and will last 60-90 minutes. During the test, eye movements will be recorded while you follow lights and lay in different positions, and while warm and cool air are introduced into each ear canal. Recordings will be made with infrared goggles.

It is important that you follow the instructions listed below to help insure that we obtain accurate test results.

1. Medications greatly influence the test results. For 48 hours prior to the test, do NOT take any of the following medications as they will affect the test results:
  - a. Antihistamines/Decongestants/Cold pills: ( Dimetapp, Benadryl, Triaminic, Claritin, Alavert, etc)
  - b. Sedatives/Sleeping pills: (Halcion, Restoril, etc)
  - c. Tranquilizers: (Valium, Librium, Atarax, Serax, etc)
  - d. Pain relievers/Analgesics/Narcotics: (Aspirin, Codeine, Demerol, Percocet, etc)
  - e. Stimulants, Amphetamines, or any appetite suppressants
  - f. Anti-nausea/Anti-dizziness medication: (Antivert, Meclizine, Dramamine, Diuretics, etc)
2. Vital medications SHOULD NOT be stopped. Continue to take medications for heart, blood pressure, thyroid, anticoagulants, birth control, antidepressants, and diabetes. If you are unsure about discontinuing a particular medication, please call your physician to determine if it is medically safe for you to be without them for 48 hours.
3. Try to get a full night's rest before the test.
4. Wear comfortable clothing (if female, do not wear a skirt or dress) that allows you to move easily.
5. Do not wear any eye makeup, including mascara, dark eyeshadow, or eye liner. These products may interfere with recordings.
6. You may continue to wear your contact lenses.
7. Do not drink alcoholic beverages 48 hours before the test.
8. Do not drink coffee, tea, soda, energy drinks, or other caffeinated beverages for 24 hours prior to the test.
9. Tobacco and nicotine should be avoided 24 hours prior to the test.
10. You may eat a light, bland meal three hours prior to the test. Avoid foods that are spicy, acidic, or greasy.
11. You may want to bring someone with you. The test may leave you with a short-lived feeling of imbalance, and it is helpful to have someone who can drive you home.

If you have any questions about the test or these instructions, please call and talk to your audiologist or physician as soon as possible.