



HEARING & SPEECH CLINIC

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VNG INSTRUCTIONS

You have been scheduled for a VNG (Videonystamogram) . This is a test of inner ear function that aids in the diagnosis as to the cause of dizziness and other ear symptoms. This test takes approximately 2 hours. This test is very delicate and influenced by many things. Below is a list of things NOT TO DO prior to coming in:

1. Only those medicines that are absolutely necessary should be taken 48 hours prior to coming in. **DO NOT** take medications such as:
 - Sleeping pills
 - Tranquilizers
 - Antihistamines
 - Barbiturates
 - Anti-dizzy pills
 - Sedatives
 - Muscle relaxers
 - Anti-depressants

If you have any questions concerning medications, please call our office.

2. No food 4 hours prior to the test.
3. No coffee or cigarettes for 2 hours prior to the test.
4. No makeup.
5. No contact lens.
6. Absolutely no alcohol for 24 hours prior to the test.
7. No strenuous activity for 12 hours prior to the test.
8. Wear comfortable clothing.

The VNG is a simple, painless procedure. The goggles track your eye movement to determine if you have any balance problems related to your inner ear or central nervous system. Small amounts of both cool and warm air will be blown into your outer ear canal. The cooling and warming effect of this air may make you a little dizzy. If it does, it will be over in a minute or two. You may not feel up to driving when the test is completed. Therefore, someone may want to accompany you to the office or be close to a phone in case you need a ride home.

If you have any questions concerning this procedure, please call our office at 256-536-7405.

IMPORTANT!

As this test takes at least 2 hours to complete, there will be a \$50.00 missed appointment/cancelled fee if this appointment is not cancelled 48 hours prior to the test.