



— C E N T E R —

SPECIALIZED AUDIOLOGY TESTING PREPARATION AND INSTRUCTIONS

You are scheduled for:

- Auditory Brainstem Response (ABR)
- Videonystagmography (VNG)
- Vestibular-Evoked Myogenic Potentials (VEMP)
- Electrocochleography (ECoG)
- Video Head-Impulse Testing (vHIT)

Why Am I Having This Test?

Specialized audiology testing has been recommended to assist in determining the cause of your dizziness or imbalance. These procedures are painless and allow us to evaluate the inner ear hearing and balance organs beyond a routine hearing evaluation.

Specialized Test Preparation:

- Please check-in at least 15 minutes prior to your appointment time. Late arrivals will require rescheduling.
- Your appointment will last up to 90 minutes depending on results and symptoms.
- Wear comfortable clothing.
- **ABSOLUTELY NO** make-up and heavy moisturizers of any kind, **especially on or near the eyes**, as these may obscure testing and require rescheduling.
- No heavy meals 4 hours prior to testing.
- It is very rare to experience balance symptoms during testing, however, you should be accompanied by someone who can drive if necessary. The companion should be prepared to wait for the entire test duration in the event you feel imbalanced for a short time.
- Do not bring children to the appointment.

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VNG / vHIT Testing

The eyes are like a “window to the brain” that show us how the inner ear balance center and brain are using information from the environment. During these tests, you will be seated or lying comfortably. The Audiologist will fit goggles to your head similar to ski goggles. These goggles use infrared video technology that allow us to follow your eye movements. Each part will be explained in detail. Some people experience mild symptoms during the testing, but this is very rare.

DO NOT TAKE any of the following **48 HOURS** before the test:

- Alcohol (beer, wine, liquor)
- Tranquilizers for nervousness or anxiety (i.e. Valium®, Ativan®, and Xanax®)
- Sedatives or barbiturates for sleeping (i.e. Demerol®, codeine, Ambien®, and phenobarbital)
- Vestibular suppressants for dizziness (i.e. Antivert®, meclizine, Benadryl®, Dramamine®, and Phenergan®)
- Excessive amounts of caffeinated beverages

****VITAL MEDICATIONS SHOULD NOT BE STOPPED****

Having ABR / ECoG / VEMP Testing

These tests require using recording sensors on the head and neck to further investigate a hearing or balance disorder. The Audiologist will place recording sensors in various head and check locations and provide instructions for the specific test. During the test you will hear sounds at safe levels.

For ABR / ECoG, all you need to do is relax and let the sensors do all the work. You may be asleep or awake during the testing.

During VEMP testing, you will be asked to perform simple head movements while listening to sounds.

**If you have any questions regarding your testing, please do not hesitate to contact
The Fairbanks & Hearing Center at (907) 456-7768.**

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