

DOUGLAS NEUROLOGY ASSOCIATES, P.C.

VNG INSTRUCTIONS

You have been scheduled for Videonystagmography (VNG) testing on _____ at _____ AM/PM @ our Douglas office 4586 Timber Ridge Dr. Suite 180, Douglasville, GA 30135

The VNG test is designed to give your physician information regarding the source of your dizziness/vertigo/imbalance. The test requires one hour of your time for completion. The test has three main parts:

- 1) Tracking (following a light with your eyes)
- 2) Sitting and laying in different head and body positions
- 3) "Irrigating" each ear with warm and cool air

Throughout the test you will be wearing infrared goggles that record your eye movements. Portions of the test may induce a sensation of vertigo, but this effect is brief and temporary. There is no pain or needle sticks from this test. Some individuals become dizzy for 2-3 minutes, but most are able to drive home after the test without difficulty. If you have concerns about not being able to drive afterwards, please make arrangements for someone to transport you.

Pre-Test Instructions

Note: Following these instructions is imperative to an accurate and reliable test result. Failure to comply with these instructions may result in rescheduling your appointment.

- 1) No contact lenses.
- 2) No alcoholic beverages or any liquid containing alcohol for two days prior to testing
- 3) No caffeine, including caffeinated beverages and medications (for example: diet pills), one day prior to testing.
- 4) Please do not use any form of tobacco on the day of your test.
- 5) Do not eat for 4 hours prior to test. If you must eat for health reasons, please eat lightly.
- 6) Dress comfortably.
- 7) Refrain from using make-up of any kind; mascaras and liners included, facial creams, lotions or earrings the day of test.
- 8) Certain substances can influence the responses to the test and limit the usefulness of the test for diagnostic purposes. Please do not take any of the following medication for 48 hours prior to the test, unless instructed otherwise by office personnel.

The following medications MUST NOT be taken for at least 2 days (48 hours) before test:

ALCOHOL IN ANY QUANTITY:	Including beer, wine and cough medicines containing alcohol
ANTI-NAUSEA MEDICINE:	Dramamine, Compazine, Phenergan, Thorazine, etc.
ANTI-VERTIGO MEDICINE:	Antivert, Meclizine, Scopolamine, Flunarizine
ANTIHISTAMINES:	Chlortrimeton, Benadryl, Actifed, Triaminic, any over-the-counter cold remedies, etc
MARIJUANA	
NARCOTICS & BARBITUATES:	Phenobarbital, Codeine, Demerol
QUINENE	
SEDATIVES:	Benzodiazepines, Ativan, Xanax, Valium, Librium, Atarax, Vistaril
STIMULANTS:	Amphetamine