

DOUGLAS NEUROLOGY ASSOCIATES P.C.

VNG INSTRUCTIONS

If you are legally blind, we are unable to complete the test. Please call the office to discuss with staff.

Due to the nature of testing performed in the office, only the patient is able to go back unless the patient is a minor. This includes any children who are not old enough to wait in the waiting room.

The VNG test is designed to give your physician information regarding the source of your dizziness/vertigo/imbalance. The test requires one hour to complete and consists of three main parts:

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

Throughout the test you will be wearing infrared goggles that have a camera that is tracking your eye movements. Portions of the test may trigger a sensation of vertigo, but this is brief and temporary. There is no pain or needle sticks from this test. Some individuals may experience dizziness for 2-3 minutes, but most are able to drive home after the test. If you have concerns about driving afterwards, please, make arrangements for someone to transport you.

Preparation for test:

1. No contact lenses or false eyelashes.
2. No alcoholic beverages, liquids containing alcohol, or caffeinated beverages or medications for two days prior to the test.
3. Please do not use any form of tobacco on the day of your test
4. Do not eat 4 hours prior to the test. If you must eat for religious or dietary reasons please eat light.
5. Dress comfortably. The test requires some moving around.
6. Refrain from wearing any type of makeup; Mascaras and liners included, facial creams, lotions or jewelry the day of the test.

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7. Certain substances can influence the responses to the test and limit the usefulness of the test for diagnostic purposes. Please see the list below.

The following medications and substances MUST NOT be taken two days (48 hours) prior to the test:

ALCOHOL IN ANY QUANTITY: INCLUDING BEER, WINE AND COUGH MEDICINES.

ANTI- NAUSEA MEDICATIONS: DRAMAMINE, COMPAZINE, ZOFRAN, PROMETHAZINE

ANTIHISTAMINES: BENADRYL, OTC COLD REMEDIES, ACTIFED

ANTI- VERTIGO MEDICATIONS: ANTIVERT, MECLIZINE OR SCOPOLAMINE

MARIJUANA

NARCOTICS AND BARBITURATES

QUININE

SEDATIVES

STIMULANTS

****PLEASE NOTE YOUR INSURANCE MAY REQUIRE APPROVAL OR A HIGHER PAYMENT AMOUNT. OUR ELIGIBILITY COORDINATOR WILL REACH OUT BEFORE YOUR APPOINTMENT TO MAKE YOU AWARE OF ANY PAYMENT LARGER THAN THE STANDARD COPAY****

If you have any questions or concerns, please call the office at 678-838-2180 and speak with the Technician.