

Preparing for Videonystagmography (VNG) Testing

Videonystagmography (VNG) is used to evaluate patients with dizziness, vertigo, or balance dysfunction. The inner ear and eyes movements are connected through the vestibulo-ocular reflex. The vestibular system monitors the position and movements of the head in order to stabilize retinal images on the eye. In this test, eye movements are recorded, and give information about the central and peripheral balance system. It provides an objective assessment of the oculomotor and vestibular systems. VNG testing consists of three parts: oculomotor evaluation, positioning/positional testing, and caloric stimulation of the vestibular system.

The test takes about ninety (90) minutes to complete. Some dizziness is normal with VNG testing, and typically is of short duration. It is advised to bring someone to the appointment to drive you home, should you feel unwell afterwards.

You must discontinue use of the following medications for 48 hours prior to your test:

- Allergy pills
- Tranquilizers (Valium, Librium, Xanax, etc.)
- Sedative pills (all sleeping pills or tranquilizers)
- Decongestants/Antihistamines (Benadryl, Sudafed, Dimetapp, Chlortrimeton, Seldane)
- Pain pills
- Diet pills
- Nerve/muscle relaxant pills (Robaxin, Valium)
- Dizziness pills (Antivert, Meclizine, Bonine, ear patches, etc.)
- Aspirin or aspirin substitutes (Tylenol, etc.)
- Narcotics/Barbiturates (Codeine, Demerol, Percodan, Phenobarbital, antidepressants)

Additional instructions:

- Clean face, no makeup.
- Remove contact lenses before the examination (bring your eyeglasses).
- No solid foods for 2 to 4 hours before the test.
- No coffee, tea, or cola after midnight on the day of the test.
- No alcoholic beverages/liquid medication containing alcohol 48 hours before the test.
- Discontinue all medication for 48 hours prior to the test, except "maintenance" medications for your heart, blood pressure, diabetes, or seizures, and any medications deemed by your physician to be necessary. Please consult your physician with any questions.

Note: It is helpful if you bring a list of the medications you take regularly, or even the medications themselves. Medications can be resumed immediately following the ENG testing procedures. If there are any questions about the test or medication, please contact your doctor or our office at (760) 565-3900.