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**Appointment Date**

**Appointment Time**

You have been referred by your physician for testing in our office. There are many services and tests we can perform that will allow your physician to determine the diagnosis for your condition.

Your physician has requested the following test. We have provided a brief description and instructions you need to read prior to testing.

**Videonystagmography (VNG):**

This is a test that aids in diagnosing the cause of vertigo and other symptoms. The test takes approximately 1/5-2 hours and may include, but is not limited to, the following subtests which require you to wear a pair of goggles with video cameras to record your eye movements:

- (1) following lights with your eyes
- (2) sitting and lying in different positions
- (3) moving from one position to another with assistance
- (4) warm and cool air put into the ears for one minute each.

Patients are encouraged to have someone drive them home as these tests often induce dizziness.

***VNG tests are very delicate and are influenced by many things.***

***The next page contains a list of instructions that you MUST follow prior to testing.***

***These instructions are not simply suggestions, they are required.***

***All paperwork must be brought to your appointment completely filled out.***

**Non-compliance with instructions or not having all paperwork completely filled out prior to your appointment time WILL result in rescheduling your test, and a convenience charge for the office visit, which insurance will not cover.**

\*\* If you need assistance with your paperwork arrive 45 minutes prior to your appointment time.

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## VNG Instructions

### **48 hours prior to test:**

- NO alcohol. This includes beer, wine, liquor, malt beverages, etc.
- Medications:
  - 1) If you have taken any medications daily for a year or longer, please do not discontinue.
  - 2) Continue life-supporting medications such as heart, diabetes, blood pressure, seizure, etc.
  - 3) All other medications (over-the-counter and prescription) should be discontinued 48 hours prior to the test. Examples that should be discontinued include but are not limited to:

Sleep Aids	Tranquilizers	Allergy & Cold Medications
Barbiturates	Anti-Dizzy Pills	Pain Medications
Muscle Relaxants	Anti-Depressants	Anti-Nausea Medications
  - 4) Consult your **prescribing physician** to see if it is safe to discontinue medications for depression and anxiety.

### **24 hours prior to test:**

- No Caffeine

### **Day of the test:**

- No food for 2 hours prior to the test
- No cigarettes or tobacco products day of the test
- Do not wear makeup to the test
- Wear comfortable clothes that you can move around in for the test. Women may not want to wear a skirt or dress.

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