

Video Nystagmography (VNG) Patient Instructions

Please read these in full immediately

The Audiologist you are scheduled with is:

- Jana L. Hutchison, AuD
- Lynn Livingston, AuD
- Trisha L. Ostermeier, AuD

Patient Name: _____ DOB: _____ MRN: _____

Your appointment time is: _____ Check in time **10 minutes** prior

IMPORTANT! PLEASE READ THOROUGHLY AT LEAST 48 HOURS PRIOR TO YOUR APPOINTMENT TIME TO AVOID RESCHEDULING.

The VNG test is an evaluation of the balance portion of the inner ear. This testing lasts approximately one hour.

During this assessment your eye movements will be monitored during various visual stimuli, a few simple body positions and the introduction of warm and cool air into your ear canals. Please alert the Audiologist to any back or neck injuries at your appointment.

Certain medications and activities can affect the outcome of the VNG examination. Please read carefully and contact us with questions at 206-860-4642.

This testing is highly sensitive to medication effects, so many medications must be discontinued prior to testing. This list is **NOT** all inclusive. If you have questions, please contact the clinic.

DO NOT TAKE THE FOLLOWING **48 HOURS** PRIOR TO YOUR TEST TIME:

- Anti-Nausea - Compazine, Scopolamine, Prochlorperazine, Promethazine (Phenergan), Zofran (Odansterion), Metoclopramide (Reglan)
- Anti-Dizziness – Meclazine, Dramamine, Antivert, Bonine, Herbal remedies (ginko, valerian, etc)
- Sleeping pills or sedatives/benzodiazepines – Valium, Xanax (alprazolam), Ambien, Ativan (lorazepam), Klonopin (clonazepam), Elavil, Lunesta, Unisom, Trazadone

****Instructions continue on back page***

- Muscle relaxers – Flexeril, Robaxin, Zanaflex, etc
- Marijuana or cannabis in any form
- Anti-Seizure meds -Gabapentin (Neurontin)
- Pain medications/narcotics/barbiturates – Darvocet, Demerol, Dilaudid, Morphine, Oxycontin, Oxycodone, Percocet, Topamax, Tramadol, Vicodin, Imitrex
- Allergy Medications/Antihistamines: Allegra, Benadryl, Claritin, Clarinex, Zyrtec,etc.

24 HOURS PRIOR TO TESTING

- Discontinue all other medication **EXCEPT** “maintenance” medications for your heart, blood pressure, diabetes, seizures, thyroid, HIV, birth control or antibiotics.
- Do NOT drink alcohol or use medication with alcohol

Medications can be resumed immediately following testing. If there are any questions about the test or medication, please contact our office at 206.860.4642

4 HOURS PRIOR TO TESTING

- Please wear comfortable clothing that will allow you freedom of movement
- **Do not eat or drink anything 4 hours prior to your test, INCLUDING WATER.** If you are diabetic, do not alter your current diet or medication regimen – alert clinician at your appointment.
- Do *not* smoke 4 hours prior to your test
- No medications with caffeine (Excederin,etc)
- **Do not wear eye-makeup or mascara to your appointment. Please alert Audiologist if you have tattooed makeup.**
- Do *not* wear contact lenses to your appointment.