



## VNG TEST INFORMATION

NAME: \_\_\_\_\_ is scheduled for a VNG with Tammy Mischka, Au.D.

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ at **ENT Specialists of WI**  
**515 S. Washburn Ave. # 200**  
**Oshkosh, WI 54904**  
**920-969-1768 or 1-866-664-4327**

**VNG** (videonystagmography) is a test of balance function of the inner ear and central nervous system. The test records and measures eye movement in response to various tasks you will be asked to perform. The test may last up to **90 minutes**. During the test you will be wearing video goggles. Your eye movements will be recorded while you watch moving lights and while you are lying down in various positions. Your eye movements will also be recorded while your ears are stimulated with warm and cool air.

### 48 HOURS BEFORE THE TEST

**No alcohol consumption 48 hours prior to the test.**

Some medications can influence your body's response to the test. In order to obtain accurate results, **do not** take the following medications **within 48 hours** of your scheduled test time. However, if you have been on the medication for **at least 8 weeks for a chronic condition, you do not need to stop taking the medication, but please inform us at the time of your test.**

**Nausea medication** (Scopolamine, Zofran, Dramamine, Phenergan, etc.)

**Vertigo medication** (Anti-vert, Meclizine, Phenergan, Valium, Zofran, etc.)

**Anxiety medication/Benzodiazepines** (Lorazepam, Diazepam, Alprazolam, Clonazepam, Xanax, Valium, Ativan)

**Sedatives** (Valium, Xanax, Klonopin, Librium, etc.)

**Opioids/Barbiturates** (Codeine, Hydrocodone, Oxycodone, Vicodin, Percocet, Oxycontin, etc.)

**Allergy medication-first generation** (Benadryl, Chlor-Trimeton, Tavist, etc.)

**Depression medication** (Celexa, Prozac, Paxil, Zoloft, Cymbalta, Effexor, etc.)

**Marijuana**

If you have questions regarding discontinuing medication you have been on for **less than 8 weeks, consult with the provider who prescribed the medication to be sure it is safe for you to discontinue the medication for the test.**

### DAY OF THE TEST

**Do not eat within four hours of your scheduled test time.** You may consume liquids. If you are diabetic you may eat a light snack prior to the test.

If you wear contact lenses, you may keep them in during the test. Eye glasses/reading glasses cannot be worn during the test.

Women, **do not wear eye makeup** (i.e. mascara, eye liner). This interferes with the video signal and will need to be removed.

### AFTER THE TEST

You may bring a friend or relative to assist you in getting home if your dizziness makes it difficult for you to drive or walk independently. **The provider who ordered the VNG will contact you with the test results.**