

ENG/VNG INSTRUCTIONS

Please answer the questionnaire on the following two pages and bring it with you to your VNG appointment.

Date: _____ Time: _____ Provider: _____

DESCRIPTION: This appointment will last approximately **two hours**. Depending on the method of recording, an ENG (*electronystagmogram*) or VNG (*videonystagmogram*) uses polarity changes around the eye or infrared cameras to record eye movement, which helps to determine if any inner ear disorders are present. Although some people experience mild dizziness during the appointment, the dizziness is of short duration, and by the test completion, all signs of dizziness have usually subsided.

PREPARATION:

Food, Drink and Smoking

1. Limit eating and drinking **one to two hours** before testing. (e.g. for a VNG scheduled in the morning before lunch, have only juice and a piece of toast for breakfast, or for a VNG in the afternoon after lunch, have a regular breakfast, but a light lunch.)
2. Certain medications can interfere with the results of the tests, so we ask you to continue to **take ONLY essential medication 48 hours prior to testing**. Please, if possible, avoid sleeping pills, tranquilizers, narcotics, antihistamines and over-the-counter cold or allergy medications.
3. No alcohol for **48 hours** before testing.
4. Please do not smoke within **four hours** of your appointment.

Clothing

1. Wear comfortable clothes.
2. Please remove any makeup, **especially eye makeup**, prior to the test. In many cases, testing is not possible without makeup removal.