

## Videonystagmography

Videonystagmography (VNG) is a test of your balance system; a hearing test is often included. Video goggles are used to track your eye movements as you look at different objects or move your head into different positions. The tests try to pinpoint the source of your problem, thus determining the most appropriate course of treatment. Some individuals become slightly dizzy with the test, but most are able to drive home after the test without any difficulty. If you are concerned about driving afterwards please make arrangements for someone to transport you.

Certain medications or substances can influence the body's response to the test, giving an inconclusive or false result. Please continue to take heart, blood pressure, antidepressant and anticonvulsant medications. Questions about other medications should be discussed with your doctor.

The following are instructions for your test:

- Please dress comfortably
- Do not eat or drink 3 hours before the test
- Do not wear any makeup, especially mascara
- Please wear contact lenses if possible
- Do not drink any beverages containing alcohol or caffeine within 24 hours of your test; coffee, tea, soda, etc.
- The following medications must not be taken for at least 2 days (48hours) before your test
  - Aspirin
  - Antihistamines
    - Chlortrimeton, Dimetane, Disophrol, Benadryl, Actifed, Teldrin, Triaminic, and any over the counter cold remedies containing alcohol, etc
  - Narcotics and Barbiturates
    - Phenobarbital, Codeine, Demerol, Benadryl, Actifed, Teldrin, Triaminic and including any over the counter cold remedies, etc.
  - Sedatives
    - Ambien, Nembutal, Seconal,, Dalmane, Doriden, Placidyl, Qualude, Butisol or any other sleeping pills
  - Tranquilizers
    - Valium, Librium, Atarax, Vistaril, Equanil, Miltown, Triavil, Derax, Etrafon, etc.
  - Anti-vertigo medications
    - Antivert, Meclizine, etc.
  - Anti-nausea medications
    - Dramanine, compazine, bonine, marezine, phernergan, thorazine, etc.

*There will be a \$75.00 fee for a no show appointment if we are not notified 48 hours in advance.*

*Alan D. Gross, Au. D., CCC, FAAA, NJ Supervising Licensee #829*