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387 County Line Rd W  
Suite 115  
Westerville, OH 43082  
Phone: (614) 891-9190  
Fax: (614) 839-9174

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## VIDEONYSTAGMOGRAPHY (VNG) INSTRUCTIONS

Appointment DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

VNG is a test of your balance system. This test is designed to help determine if your balance concerns (dizziness, vertigo, etc) are originating from the central nervous system, brainstem or the peripheral vestibular system housed in the inner ear. During the test, you will be wearing video goggles with a small camera record your eye movements. In addition, a comprehensive hearing test will also be completed before the VNG to assess the auditory function of the inner ear. The entire test takes about an hour and a half to two hours.

The VNG is 3 parts:

- 1.) Following red lights on a light bar with eye movement.
- 2.) Laying in different positions with eyes open and closed.
- 3.) Stimulation of the balance system by introducing water into the ear canal. This portion of the test may cause an increase in your dizziness. If this happens, it generally lasts only a minute or so.

If possible, we recommend that you make arrangements for someone to drive you to and from the appointment, as you may not feel like driving immediately following the test. After the test, you may find that you become dizzy more easily, including working on a computer or reading. This generally lasts less than 24 hours.

We ask that you **dress comfortably** for the test as you will be moving into different sitting and lying positions on a table. Please let the audiologist know IN ADVANCE if you have any conditions which would be aggravated by these movements or would make these movements difficult or painful. In addition, please **DO NOT wear makeup, especially mascara. DO NOT wear hard contacts** (soft contacts are ok). Both mascara and hard contacts will affect the test and prevent proper readings.

The following medications must **NOT** be taken for 48 hours (2 days) before the test. These medications/substances can affect your body's response to the test, making the test results invalid. It is **STRONGLY** advised that you contact your prescribing doctor to ensure that these medications can be safely stopped.

**Anti-Nausea**  
**Meclizine/Antivert**  
**Valium**  
Tranquilizers  
Narcotics

Barbiturates  
Anti-Depressants  
Antihistamines/Decongestants  
Pain medications

Cough/Cold (including  
Benedryl, Nyquil)  
Sleep medications  
(including Tylenol PM,  
Excedrin PM)

**NO** Alcohol/Beer/Wine for 48 hours (2 days) before the test.

**NO** eating or drinking or smoking 4 hours prior to the test.

**If for any reason you are unable to stop a medication or have any questions prior to the testing, please call the audiologist at (614) 891-9190.**