

## Videonystagmography (VNG) Patient Pre-test Instructions

Please read the following instructions carefully. Your compliance with these instructions is important for the most accurate assessment of your balance system, as certain medications can influence test findings. We ask you don't take any non-essential medications for a period of **24 hours prior to your appointment** and that you particularly avoid:

- Anti-vertigo medication (such as Antivert, Meclizine, etc)
- Anti-nausea medication (such as Scopolamine, Phenergan, Dramamine, etc)
- Antihistamines (such as Claritin, Zyrtec, Telfast, Benadryl, etc)
- Cold or allergy medication
- Sleeping pills / sedatives
- Tranquillizers (such as Valium, Ativan, Xanax, Klonapin, etc)
- Narcotics and barbiturates of any kind
- Alcoholic beverages
- Caffeine (such as coffee, tea, cola, chocolates)
- Herbal remedies (such as Ginkgo, Valerian, etc)
- Medications which contain any of the above

**Continue to take insulin, heart medication, cholesterol medication, blood pressure medication, seizure medication, or any other life-supporting medications.**

If you have any questions regarding medications, please contact your prescribing physician or call the clinic at 415-780-2001.

### **On the day of your appointment:**

- Do not eat or drink anything for a period of three hours before the time of your test. If you are diabetic and must eat, confine yourself to light, simple foods such as toast and yogurt that are consumed as early before testing as possible.
- Do not apply makeup (particularly eye makeup), cream, or lotion to your face.
- Dress comfortably in loose fitting clothing and in shoes with flat heels for your comfort.
- Do not smoke or use any tobacco products.
- Wear corrective vision. Contacts should be worn, if available.
- Plan to have someone drive you home.

Furthermore, a hearing test is an important part of the balance assessment. If you have had a hearing test at an outside facility within the past 6 months, please bring a copy of the test results or fax the results to 415-780-2028 prior to your appointment.