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## VNG Instructions

**BEFORE THE TEST:** It is vital that you clean your ears of ear wax. **If there is wax in your ears, we cannot complete your test and it will be rescheduled!** There are over the counter products such as **Murine** available for wax removal but if you choose to do this yourself, you will need to treat your ears over the course of at least 3-4 consecutive days prior to your test to ensure that the product has time to work. Follow the package instructions. Many patients have their primary care doctor remove the wax for them. Whichever choice you make is fine as long as your ears are clean when you arrive for your VNG test.

**DRIVER:** Occasionally testing will aggravate dizziness. Some patients may need or want someone to drive them home as they may not feel well enough to do so. If that is the case, you should have someone available to pick you up and drive you home if needed.

**PROCEDURE:** The purpose of vestibular testing is to evaluate the function of your balance system. Testing uses video goggles placed over the eyes (VNG.) VNG records eye movements that will provide your physician with information about your brain's ability to coordinate balance signals, react to changes in position and to determine the function of your inner ears. There will be water inserted into your ears near the end of the test. Please notify the Technician if you have a punctured ear drum or ear infection.

**MEDICATIONS: It is important that none of the following medications be taken for 24-48 hours prior to the testing unless permission is given by the doctor:**

- Antihistamines (Allergy Meds)
- Sleeping pills/Sedatives
- Barbiturates
- Anti-dizzy pills
- Muscle relaxants
- Decongestants
- Cough or cold meds
- Nose or bronchial sprays

- Tranquilizers (Valium, etc.)
- Pain killers (Vicodine, Codeine, Tylenol w/ Codeine, etc.)
- Pills or patches for nausea or motions sickness
- **NO** Nicotine, caffeine, and alcoholic beverages (including wine and beer) for at least 24 hours before the tests.

### ADDITIONAL INSTRUCTIONS:

- Do not wear eye or face makeup.
- Do not use lotion on the face.
- Do not wear contact lenses.
- Eat only a light breakfast or lunch prior to testing.
- Use good hygiene with NO perfume or cologne.
- Dress comfortably.
- Bring a current medication list

**IMPORTANT!!! DO NOT** stop taking any life supporting medications (Insulin, Digitalis, Dilantin, etc.) Please contact the office of the physician that referred you for the VNG test if you have any questions about whether or not a medication should be stopped.

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