



_____ has an appointment on _____ at _____ am/pm. at the _____ Office.

PRE-TEST INSTRUCTIONS FOR VIDEONYSTAGMOGRAPHY (VNG)

You are scheduled for a test that will evaluate your balance system. This painless test takes about one hour. A direct relationship exists between the eyes and the balance system; therefore, information can be obtained about the balance system by recording specific eye movements. You will be wearing goggles over your eyes that will measure and record these eye movements as you perform simple tasks. Testing may cause a sensation of motion that may linger. If possible, we encourage you to have someone accompany/drive you to and from the appointment. If this is not possible, try to plan your day to allow an extra 15-30 minutes after the test before returning to your daily business. Please use good judgment about your ability to drive safely after the testing.

Please consult with your physician before discontinuing any prescribed medications.

The Following Instructions Are To Be Followed Before the Test Is Performed

- Do not take any of the following categories of medication for 48 hours prior to the test without prior approval. This list is NOT all inclusive and these are only examples. Also, please be aware of generic forms and herbal supplements.**

- Alcohol/Recreational Drugs** - beer, wine, **marijuana, cough and cold medicine**
- Analgesics/Narcotics** - Codeine, Demerol, Phenaphen, Percocet, Darvocet, Tylenol3 w/ Codeine
- Anti-Histamines** - Chlor-trimeton, Dimetapp, Disophrrol, Benadryl, Actifed, Teldrin, Triaminic, Hismanol, Claritin, **over-the-counter cold/allergy medications**
- Anti-Seizure Medication** - Dilantin, Tegretol, Phenobarbital, Neurontin, Topomax
- Anti-Nausea/Dizzy Medication** - Meclizine, Atarax, Dramamine, Compazine, Antivert, Bucladin, Phenergan, Thorazine, Scopolomine, Transdermal
- Diuretics** - Maxide, Lasix, Dyazide, HCTZ
- Sedatives** - Halcion, Restoril, Nembutal, Seconal, Dalmane, Sonata, Ambien, **over-the-counter sleeping pills, muscle relaxants**
- Tranquilizers** - Valium, Librium, Atarax, Vistaril, Serax, Ativan, Librax, Tranxene, Xanax
- Anti-Depressants** - Effexor, Welbutrin, Celexa, Prozac, Zoloft
- Pain Relievers** - Advil, Aspirin, Tylenol, Excedrin, Imitrex/Sumatriptan, Maxalt, Naproxen (including any variations, especially PM varieties)

Your Medications (DO NOT TAKE):

- Continue taking any blood pressure, heart, cholesterol, and thyroid medications, as well as insulin, estrogen, etc.
- **If you have any questions regarding a specific medication, please do not hesitate to call.**

- No caffeine 24 hours prior to testing.** Caffeine-free coffee, tea and soda are OK.
- You may eat something light up to four (4) hours before the test.** Yogurt, fruit, vegetables, soup are OK. Please refrain from drinking orange juice the day of the test. If you are diabetic, please plan your schedule to allow for the evaluation.
- No nicotine four (4) hours before the test.** This includes cigarettes, chewing tobacco, and nicotine patches or gum.
- Please do not wear any makeup, especially mascara and eyeliner, and including creams and lotions to the test.** You will be asked to remove any makeup prior to beginning the evaluation.

NOTE: Should you choose to cancel/reschedule your appointment within 48 hours of the scheduled time, or arrive more than 15 minutes late to your appointment, a \$50.00 charge may be applied. If you do not show for your appointment or take a contra-indicated medication, a \$50.00 charge will be applied.

If you, or your physician, have any questions or concerns regarding these instructions, please do not hesitate to call and ask to speak with an audiologist.

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Physicians: 303-431-8881

500 West 144th Avenue #100
Westminster, CO 80023
(medical building on hospital campus)
Audiologists: 303-255-5680