

The **VNG** is used to evaluate balance disorders and help to determine the cause of your dizziness. It is an easy, painless test which involves wearing goggles that will track your eye movements. You will be required to look at different things and will be moved into different positions while on a padded table. The test takes approximately 45 minutes. Patients are usually able to drive home after the test without difficulty, but if you are concerned about not being able to drive afterwards, please make arrangements for someone to transport you.

In order to achieve accurate results, the following instructions **MUST** be adhered to:

1. Discontinue all non-life threatening medications **for 48 hours before the test:**

- **Medications for dizziness** (Meclizine, Dramamine, Transdermal Scoop patch);
- **Tranquilizers** (Valium, Ativan, Xanax, Trazadone, Phenobarbital); ■ **Nerve pills or anti-depressants** (Zoloft, Wellbutrin, Paxil, Prozac); ■ **Sleeping pills** (Ambien, Lunesta, Tylenol PM); ■ **Decongestants** (Claritin D, Allegra D); ■ **Pain pills** (Celebrex, Ultram, Vicodin and Percocet); ■ **Allergy medications** (Claritin, Zyrtec, Allegra, and Benadryl);
- **Anti-nausea medicine** (Phenergan, Compazine and Reglan); ■ **Psychotherapeutic agents** (Seroquel, Abilify, Invega, Risperdal) ■ **Seizure Medications** (Dilantin, Tegretol, Phenobarbital)

**This is not a complete list of prohibited medications but represents some of the more common brands within each category. Please review the attached second page for more medications you need to stop for the test. Restrictions include both generic and name brand.** If these medications are not discontinued, the test will have to be rescheduled. You may resume after testing. If you feel you cannot stop a medication for 48 hours, this must be discussed with the physician who ordered the test **before** the day of your appointment. Please contact our office if you have any questions. **Do NOT stop taking medications for your heart, blood pressure, or diabetes. Please consult your doctor before stopping seizure medications.**

2. Wear comfortable clothing
3. Creams, lotions, and makeup should not be applied. Please refrain from wearing any eye makeup.
4. No solid foods, liquids or smoking for two to four hours prior to testing. Eat a light snack if you are hypoglycemic or diabetic.
5. No alcoholic beverages 48 hour prior to testing.
6. No coffee, tea or cola after midnight on the day of the test.
7. Remove contact lenses before the exam (bring your glasses)



**Please arrive 15 minutes before your appointment to complete check-in.**

**If you are unable to keep your appointment, please notify our office  
at least 48 hours in advance.**

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