



Canalith Repositioning Procedure (CRP) Instructions

This procedure is designed for patients with benign paroxysmal positional vertigo (BPPV). A CRP involves a series of simple head maneuvers that can be performed in about 15-30 minutes. If you have a history of high blood pressure, retinal detachment, back or neck problems, please discuss this with your doctor prior to this procedure. Please follow the instructions below, so that your test results will be valid.

Before your CRP

- Please do not take any of the following for **48 HOURS BEFORE** your appointment:
Anti-Vertigo or Anti-Nausea Medications or Alcohol.
- Please do not have anything to eat or drink three hours prior to your procedure.
If for medical reasons your diet does not allow for this, a light snack or water is okay.
- Wear comfortable clothing. Women may prefer to wear slacks.
- It is common to feel fatigued or off-balance for a short time after the procedure (15-30 minutes).
Therefore, it is recommended (but not required) to have someone available to escort or drive you home.

***** ANTI-EPILEPSY, ANTI-PSYCHOTIC, THYROID DISEASE, DIABETES, HYPERTENSION AND HEART DISEASE MEDICATIONS SHOULD NOT BE DISCONTINUED!!!!**

If you have any reservations about discontinuing any drugs, or any questions regarding the effect of any medications on the test, please call our office locally at 612-339-2836 or long distance at 866-316-0769.

After your CRP

****Some precautions are suggested to enhance the benefit from the treatment. ****

- Avoid quick head movements and extreme head/body movement for 48 hours after your procedure (i.e., tying shoes, looking/reaching into cupboard, picking something up off the floor, etc).
- Avoid bending or leaning forward, backward or sideways more than 30 degrees for 48 hours after your treatment. You may find that sleeping in a recliner with 2-3 pillows behind your back is a good alternative.
- The procedure may need to be repeated if your symptoms return. Please call us if you experience vertigo or a sensation of room-spinning within 48 hours after the procedure.