



ENG Instructions

As requested by your doctor, you have been scheduled for a vestibular test. The test is called Electronystagmography (ENG) and is a test of the balance mechanism. The test will take approximately 1½ to 2 hours and is not painful. Please follow the instructions below, so that your test results will be valid.

1. Please do not take any **Anti-Vertigo** medications for **5 DAYS** before the test, such as Antivert; Ru-vert, Meclizine; Transderm Scopolamine transdermal patches. **CONTACT YOUR DOCTOR SHOULD YOU HAVE ANY RESERVATIONS ABOUT DISCONTINUING ANY DRUG.**

2. Please do not take any of the following for **48 HOURS** before the test:
 - **ANTI-NAUSEA MEDICINE:** such as Dramamine, Compazine, Bonine, Atarax, Bucladin, Marezine, Votrol, Phenergan, Thorazine, etc.
 - **TRANQUILIZERS:** such as Valium, Librium, Atari, Visceral, Aptiva, Libra, Quail, Milltown, Travel, Sera, Trainee, Xanax, Estragon, Ativan, etc.
 - **SEDATIVES:** such as Nembutal, Seconal, Dalmane, Doriden, Placidyl, Quaalude, Butisol, or any other sleeping pills, etc.
 - **NARCOTICS AND BARBITUATES:** such as Phenobarbital, Codeine, Demerol, Percocet, Dilaudid, Percodan, Phenaphen, Darvocet, Tylenol with codeine, etc.
 - **ANTI-HISTAMINES:** such as Chlor-Trimetron, Dimetane, Dimetapp, Hismanol, Claritin, Teldrin, Triaminic any over-the-counter cold remedies, etc.
 - **ALCOHOL IN ANY QUANTITY:** including beer, wine and cough medicines containing alcohol.
 - **CAFFEINE PRODUCTS:** including coffee, tea, cola, diet pills and chocolate.
 - **NICOTINE PRODUCTS:** including cigarettes, cigars, chewing tobacco, patches, gum, etc.

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

Again 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.

3. Get a full night of sleep before coming for the test.

4. If you are taking the test in the morning (before 12 noon), you may eat a light breakfast. If you are taking the test in the afternoon (at or after 12 noon), eat a light breakfast and no lunch.

***** IF YOU HAVE PHYSICAL PROBLEMS THAT WILL NOT ALLOW YOU TO FAST (Example: Diabetes), PLEASE MAINTAIN YOUR USUAL EATING ROUTINE.**

5. Please do not use any make-up or lotion on your face, around your eyes, or behind your ears.

6. Please make arrangements to have someone drive you home after the test.