



## VNG Instructions

As requested by your doctor, you have been scheduled for a test called Videonystagmography (VNG) which is a test of inner ear and central motor function. The test will take approximately 1 ½ to 2 hours and is not painful. **Please follow the instructions below, so that your test results will be valid.**

**The appointment time reserved for your test is critical.**

**All testing appointments not cancelled at least 72 hours in advance will be assessed a \$50 charge.**

1. Please do not take any **ANTI-VERTIGO** medications for **5 DAYS BEFORE** the test. These medications include Antivert, Ru-vert, Meclizine and Transderm Scopolamine Patch. **CONTACT YOUR DOCTOR SHOULD YOU HAVE ANY RESERVATIONS ABOUT DISCONTINUING ANY DRUGS.**
  
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 allergy or 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!!!!**

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.

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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. It is common to feel fatigued or off-balance for a short time after testing (15-30 minutes). Therefore, it is recommended (but not required) to have someone available to escort or drive you home.
7. You will be lying on a flat table in a dark room during the test. The doctor will order an audiogram to be performed on the day of the test to ensure accuracy. It is your responsibility to check with your insurance carrier regarding coverage of the tests the doctor has ordered.

If you have any questions regarding the testing procedure, please call our office locally at 612-339-2836 or long distance at 866-316-0769.