



The ENT Center of Central Georgia

Central Georgia Head & Neck Surgery Center

Georgia Hearing Institute

540 Hemlock Street

VNG Testing

VNG is scheduled for: _____ at _____.

Videonystagmography (VNG) is used to evaluate patients with dizziness, vertigo, or balance dysfunction. The inner ear and eyes movements are connected through the vestibulo-ocular reflex. The vestibular system monitors the position and movements of the head in order to stabilize retinal images on the eye. In this test, eye movements are recorded, and give information about the central and peripheral balance system. It provides an objective assessment of the oculomotor and vestibular systems. VNG testing consists of three parts: oculomotor evaluation, positioning/positional testing, and caloric stimulation of the vestibular system.

The test takes about ninety (90) minutes to complete. Some dizziness is normal with VNG testing, and typically is of short duration. It is advised to bring someone to the appointment to drive you home, should you feel unwell afterwards.

You must **DISCONTINUE** use of the following medications for **48 hours prior to your test:**

- Allergy, Cold, or Flu Medication (Benedryl, Claritin, Zyrtec, etc)
- Dizziness Medication (Meclizine, Anivert, etc.)
- Antidepressant Medication (anti-anxiety, Prozac, Zoloft, Cymbalta, etc)
- Tranquilizers (Valium, Xanax, etc)
- Sedatives (Lunesta, Ambian, Sleeping meds, etc)
- Stimulants (Concerta, Ritalin, Adderall, etc)
- Anticonvulsants (Lyrica, Dilantin, etc)
- Pain Medications, including Aspirin

****DO NOT discontinue "maintenance" medications for your heart, blood pressure, diabetes, or seizures, and any medications deemed by your physician to be necessary. Please consult your physician with any questions.****

Additional Instructions:

- Wear comfortable clothes.
- **No** makeup, especially mascara.
- **No** solid foods for 2 to 4 hours before the test.
- **No** Caffeine or Nicotine after midnight on the day of the test.
- **No** alcoholic beverages/liquid medication containing alcohol 48 hours before the test.

Note: It is helpful if you bring a list of the medications you take regularly. Medications can be resumed immediately following the ENG testing procedures. If there are any questions about the test or medication, please contact our office at (478) 741-1800.

PAYMENT IS DUE AT THE TIME OF SERVICE. Your insurance will determine the amount required. Most insurance plans apply VNGs to your deductible. Please contact our office regarding your VNG deposit. If you have no insurance, payment in full is required.