

Videonystagmography (VNG) Testing

Videonystagmography (VNG, sometimes called ENG) testing lasts approximately 1 ½ - 2 hours. VNG is a comprehensive evaluation of the balance portion of your inner ear. During the test, your eye movements will be monitored using video goggles. You will be asked to follow various visual stimuli, place your head and body in several simple positions, and have warm and cool air introduced into your ear canals. You may experience some sensation of movement during various portions of the test.

Certain medications can affect the outcome of the VNG examination:

48 hours prior to appointment discontinue:

- Anti-dizziness medications Antivert, Bonine (meclizine), Benadryl (diphenhydramine), Dramamine (dimenhydrinate), etc.
 - Anti-nausea medicine (Dramamine, Bonine, Marezine, etc.)
 - Narcotics or Barbituates (Codine, Demerol, Percodan, Hydrocodone, Vicodin, etc.)
 - Sleeping Medication (Ambien, Restoril, Unisom, etc.)
 - Tranquilizers (Valium, Librium, Atarax, etc.)
 - Antihistamines or any over-the-counter decongestion/cold medicine
- ❖ *If you have questions or concerns about stopping any of your medications, please consult your prescribing physician.*
- ❖ *DO NOT DISCONTINUE ESSENTIAL/DAILY MEDICATIONS: Heart medications, insulin, thyroid medications, antidepressants, hypertension medication, anti-seizure medications, thyroid medications, HIV, birth control or antibiotics*
- ❖ *Do not drink alcohol or take medications with alcohol 24 hours prior to test*

Day of appointment instructions:

- Refrain from eating four hours prior to the test. If you must eat for health reasons, please have a very light meal.
- Do not wear make-up the day of the test (especially eye make-up).
- Do not smoke or drink caffeine for 4 hours prior to the test.
- Wear comfortable clothing that you can move around easily in.
- Testing may cause a sensation of motion that may linger. If possible, please have someone accompany you to and from your appointment. If this is not possible, please allow an extra 15-30 minutes after your test before you leave.

Failure to comply with these instructions may result in your appointment being rescheduled.

Please call (617) 525-6509 if you need to cancel and/or reschedule your appointment