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Videonystagmography (VNG) Pre- Testing Instructions

Description of-test: Videonystagmography (VNG) testing has been recommended and scheduled for you. This test is scheduled for approximately 45 minutes. VNG testing is designed to measure the vestibular (balance) system and inner ear. During this test, you will be asked to follow some moving lights on a wan, move your head and body into different positions, and have warm and cool air irrigated into your ear canals while wearing infrared goggles.

PATIENT PRE-TEST INSTRUCTIONS: Failure to follow these instructions can influence the

body's response to this test and give false responses:

1. Do not take any medications that prevent or reduce dizziness for 48 hours prior to the

testing. Consult with your prescribing physician prior to discontinuing any medications.

• Antibiotics: Streptomycin, Gentamicin.

• Anti-depressants: including Elavil, Pamelor, Prozac, Lithium, etc.

• Anti-histamine medications: including Chlor Trimeton, Dimetane, Benadryl, Disophrol

• Anti-nausea medications: including Dramamine (Dimenhydrinate), Compazine, Vontrol,

Phenergan, Thorazine, Transderm (scopolamine patch worn behind the ear) etc.

• Anti-vertigo medications: including AntiVert, Meclizine, Scopolarnine, etc.

• Narcotics and Barbiturates: including Phenobarbital, Codeine, Demerol, Dilaudid, Percodan,

Phenaphen, Seconal, Chloral hydrate, etc.

• Sedatives: including Nembutal, Seconal, Dalmane, Placidyl, Butisol, or any other sleeping

pi1ls. •

• Stimulants: incJuding Ritalin, Methylphenidate, Amphetamine, etc.

• Tranquilizers: including Valium, Librium, Atarax, Vistaril, Equanil, Miltown, Triavil, Serax,

Etrafon, Xanax, Ativan, Sarafem, etc.

• Continue to take anti-seizure, heart, blood pressure, diabetes, and other medications

deemed necessary by your physician.

2.Do not wear make-up or facial lotions the day of the test (especially mascara and eye liner)

3. Do not drink alcoholic beverages for one day prior to the test

4. Do not drink coffee, tea or any beverage containing caffeine after midnight the night prior to

testing

5. Do not eat four hours prior to the test. If you must eat for health reasons, please have a very

light meal

6. Do not smoke the day of the test

7. Wear comfortable clothing that you can move around easily in

**PATIENT POST-TEST INSTRUCTIONS**:

We recommend that you have someone drive you to and from the appointment in case

you experience any dizziness from this test.

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

rescheduled for a later date.

If you need to cancel or reschedule your appointment, please call (508) 747-8977 at least

24 hours in advance to avoid a $50.00 (per test) cancellation charge.

Bourne Office: 1 County Road, Bourne, MA 02532, Phone: 508-759-0916, Fax: 508-759-0995

Hyannis Office: 104 Park Street, Hyannis, MA 02601, Phone: 508-827-7692 Fax: 774-470-6534

Plymouth Office: 30 Aldrin Road, Plymouth MA 02360, Phone: 508-746-8977, Fax: 508-746-3364

Weymouth Office: 544 Main Street, Weymouth MA 02190, 508-746-8977, Fax: 508-746-3364

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