

Emas Spine & Brain Specialists
4085 University Boulevard North, Suite 3
Jacksonville, FL 32216

Testing Department Phone: Shannon (904) 448-4182

Appointment Date:

____/____/____

Vestibular Function / Balance Testing (VNG)

Your physician has ordered VNG Testing be performed on your balance system. VNG Testing is used to determine if a vestibular (inner ear) disease may be causing a balance or dizziness problem. It can help decipher between a unilateral (one ear) and bilateral (both ears) vestibular loss. During the test you will be wearing goggles, housing cameras that will be monitoring your eye movements to record nystagmus (a rapid eye movement that gives you a dizzy feeling or loss of focus). The test is performed by completing a series of head movements, eye tracking tasks & other methods of stimulating the balance system to attempt to localize the problem. The last portion of the test is called caloric testing. For this part you will be lying down and warm & cold air will be blown into the ear. You may experience some dizziness during the course of this test, which will only last for a short period of time. VNG testing is non-invasive and only minor discomfort is felt during the test as a result of wearing the large goggles. Appointments usually last 45 minutes to 1-hour.

Please adhere to the guidelines below

DO NOT

- **Do Not Wear lotions or creams on your face**
- **Do Not Wear any makeup (especially eye or face makeup)**
- **Do Not smoke 5 hours prior to testing**
- **Do Not Drink or eat any type of caffeinated food or beverages to include (coffee, energy drinks, soda, chocolate) at least 12 hours prior to the test**
- **Do Not wear contact lenses for the test**

DO

- **Eat lightly or not at all prior to the test**
- **Have clean, completely dry hair**
- **You must have clean, wax free ears**

Please use these guidelines for taking medications prior to the Balance Test.

It is necessary to avoid certain medications 12 hours prior to testing to produce accurate test results.

DO NOT TAKE

- **Sleeping pills**
- **Aspirin**
- **Antihistamines**
- **Cough medicine or suppressants**
- **Alcohol beverages (beer, wine, etc)**
- **Pain Medication**
- **Muscle Relaxers**

TAKE AS NORMAL

- **Heart medicine**
- **Diabetes medicine**
- **Thyroid medicine**
- **Blood pressure medicine**
- **Seizure medicine**
- **Birth control**
- **Any antibiotic, vitamins, diuretic**