

Patient Instructions for Electronystagmography (ENG)/VNG Evaluation

PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY

1. Discontinue all nonessential medication 24 hours prior to the test:

antihistamines

barbiturates

muscle relaxants

anti-vertigo/dizziness medications

anti-nausea medications

non-prescription pain medications such as Tylenol, Advil, etc.

(If you have any questions regarding other medications please call our office)

2. No tranquilizers/sedatives such as Valium or sleeping pills for at least 4 days prior to testing.

You are permitted to take medications for heart, diabetes, and thyroid conditions.

3. Do not drink alcohol or caffeine 48 hours prior to testing (including beer or wine).

4. Do not eat for 4 hours before the test. If you are a diabetic, or

have any other medical reason for which you must eat, then
eat lightly.

5. Do not wear makeup (including cold creams and moisturizers).

Please note: You might experience dizziness and/or nausea during part
or all of the ENG procedure. If you have any questions about these
instructions or the ENG procedure please contact our office.