

**Video Nystagmography (VNG)
Patient Instructions**

Patient Name: _____ Date of Birth _____ MRN _____

Your appointment time is: _____

IMPORTANT! PLEASE READ THOROUGHLY AT LEAST 48 HOURS PRIOR TO YOUR APPOINTMENT TIME TO AVOID RESCHEDULING

The VNG test evaluation of the balance portion of the inner ear. This appointment lasts approximately 60-90 minutes.

During this assessment, your eye movements will be monitored during various visual stimuli, a few simple body positions and the introduction of warm and cool air into your ear canals.

Ears should be clear of wax. Please have your primary care provider remove all wax prior to testing. Please wear comfortable clothing that will allow you freedom of movement
Please alert the Audiologist to any back or neck injuries at your appointment.

Certain medications and activities can affect the outcome of the VNG examination.

Please read the following instructions carefully and contact us with questions at 206-860-4642

48 HOURS PRIOR TO TESTING:

- DO NOT take Anti-Dizziness Medications – Meclizine, Dramamine, Antivert, Bonine, etc
- DO NOT smoke, ingest, or vape cannabis/THC

24 HOURS PRIOR TO TESTING:

- DO NOT drink alcohol or use medications containing alcohol

3 HOURS PRIOR TO TESTING

- **DO NOT eat or drink anything 3 hours prior to your test, INCLUDING WATER.** If you are diabetic, do not alter your current diet or medication regimen – alert clinician at your appointment.
- **DO NOT consume any products with caffeine or nicotine 3 hours prior to your test** (including nicotine gum, vaping and medications with caffeine)
- **DO NOT wear eye-make up or mascara to your appointment.** Please alert Audiologist if you have tattooed eye makeup.