

Accura Audiology, PLLC  
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## VNG PATIENT INSTRUCTIONS

Videonystagmography (VNG) testing has been recommended and scheduled in a 2 hour time slot for you. VNG testing is performed to evaluate the balance portions of your inner ear and central vestibular system. During testing, the inner ear and central balance systems will be stimulated by watching and following moving lights, with different head and body positions, and by circulating warm and cool water into your ear canals. Lightweight goggles with infrared cameras will be worn to measure and record your eye movements throughout the testing. Patients may experience some sensation of movement during various portions of the test. Once the evaluation is completed, each test is carefully analyzed and a detailed report will be forwarded to the referring physician.

***Continue your medication routine for blood pressure, heart conditions, diabetes, thyroid, and seizures. Always consult your physician before discontinuing ANY prescription medication!***

***Please discontinue the following medications and substances 48 hours prior to the testing.*** Please inform Accura Audiology of any medication(s) or substances you were unable to discontinue from the list below. Continued use of the following substances can and may effect the body's response to the testing and alter the results:

- Alcohol: Liquor, wine, and beer
- Anti-histamines: Claritin, Benadryl, Allegra, etc.
- Anti-nausea medications: Dramamine, Phenergan, transderm patches, etc.
- Anti-vertigo medications: Antivert, Meclizine, etc.
- Narcotics and barbituates: Codeine, Demerol, Dilaudid, Percocet, Darvocet, etc.
- Over the counter cold and cough remedies
- Sedatives: sleeping pills, etc.
- Stimulants: Ritalin, amphetamines, etc.
- Tranquilizers: Valium, Xanax, Ativan, etc.

### **Additional Instructions:**

- Eat lightly for 12 hours prior to testing.
- Avoid caffeine (coffee, soda, and tea) the day of testing.
- Avoid wearing make-up, particularly eye-shadow, eye-liner, and mascara. This would have to be removed prior to the start of testing.
- Wear comfortable clothing. Dresses and skirts are discouraged.
- Testing may cause you to feel dizzy. We encourage you to have a driver. If this is not possible, please plan your day to include an extra 15-30 minutes post-testing before leaving the office.

**PLEASE NOTE:** Due to the amount of time allotted for testing, there will be a \$75 cancellation fee if less than 24 hours prior to the test time is given. There is a **\$150** no show fee.

*Any questions? Please call our office at 716-633-0721 and ask to speak with an audiologist or visit our website for detailed explanations of all of the testing.*