



Advanced Neurological Evaluation and Treatment Center, PC

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VNG Patient Information and Instructions

Important Information: Please read at least 48 hours prior to your VNG procedure.

A VNG (videonystagmography) tests the balance and dizziness part of your inner ear to determine if some dysfunction or abnormality exists, which may be causing your dizziness.

- **DO NOT** wear any eye make up, face make up, or face lotions to your appointment.
- Please dress comfortably. You will be sitting or lying on an exam table for the duration of testing.
- Please do not consume caffeine for 48 hours prior to testing.
- Please do not consume alcohol for 48 hours prior to testing.
- Please do not eat prior to testing. If your appointment is scheduled for the afternoon, you may eat a light breakfast. If you are diabetic, you may eat a light breakfast and/or light lunch.
- Please avoid taking any of the following medications for at least **48 hours** prior to testing:
 - ✓ Antihistamines (e.g., Benadryl)
 - ✓ Tranquilizers (e.g., Valium, Ativan, Xanax)
 - ✓ Pain medications containing Narcotics
 - ✓ Anti-dizziness medication (e.g., Meclizine, Antivert)
 - ✓ Muscle relaxants
 - ✓ Barbituates (e.g., Phenobarbital, Seconal)
 - ✓ Antidepressants (please contact our office in regards to these medicines)

PLEASE CONTINUE TO TAKE ALL LIFE SUSTAINING MEDICATIONS such as medications for cardiac/heart disease, hypertension (high blood pressure), and diabetes.

CANCELATION:

If you will not be able to come for your VNG, please contact us 24 hours before the test. If you do not show to your appointment, you will be charged \$150 cancellation fee.

Your appointment is scheduled on _____