



## What is the VNG test?

The videonystagmography test (VNG) is designed to obtain information about the source of an individual's dizziness or unsteadiness. The test relies on the measurement of eye movements to determine how the balance portion of the inner ear is functioning. Eye movements are assessed by a small camera located inside a pair of goggles worn by the patient. The test should take approximately 60-90 minutes and is comprised of three parts:

1. Assessment of the eyes ability to track fast and slow moving targets.
2. The effect of changes in head and body position on the balance system.
3. Stimulation of the balance system through the introduction of both warm and cool air into the ear canal.

None of the procedures are painful. Some people experience slight dizziness during the test. It is of short duration and should be gone by the completion of the test.

## Preparing for the VNG test.

In order to ensure the accuracy of the VNG test results, it is essential that medications that may affect the balance system be discontinued 48 hours prior to testing. These medications include:

- Antihistamines (Dimetapp, Benadryl, Zyrtec, Claritin, Allegra, etc)
- Anti-Vertigo Medications (Antivert, Meclizine, Dramamine, etc.)
- Barbiturates (Fiorinal, Fioricet, etc)
- Muscle Relaxers (Flexeril, Skelaxin, etc)
- Sleeping Pills (Ambien, Lunesta, etc.)
- Sedatives/Tranquilizers (Valium, Ativan, Xanax etc.)
- Prescription Pain Medications (Vicodin, Percocet, etc.)
- Narcotics of any kind (Percocet, Vicodin, Codeine, etc)

**All other daily medications should be taken as prescribed.**

Alcohol (including beer and wine) should not be consumed 48 hours prior to the test.

Please eat light meals prior to the appointment.

Eye makeup (especially mascara) should not be worn on the day of the test as this may interfere with camera's ability to accurately track eye movements.

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