
VNG TEST INSTRUCTIONS

A videonystagmography (VNG) examination has been ordered by your physician to help determine the cause of your dizziness or balance problem. The procedure is painless, and typically lasts 60-90 minutes. During the test, your eye movements will be recorded using infrared goggles while you perform different tasks. In order to obtain accurate results, we ask that you please review the following instructions carefully.

1. **DO NOT** take any of the following **at least 48 hours before** the test:

- Anti-nausea or anti-dizziness medications (Anitvert, Meclizine, Dramamine, etc.)
- Alcohol
- Coffee, tea, or other caffeinated beverages
- Antihistamines, decongestants, or cold pills
- Sedatives or sleeping pills
- Tranquilizers

Vital Medications should NOT be stopped

2. Try not to eat or drink 4 hours before the test.

3. Get a full-night's sleep before the test.

4. Wear comfortable clothing.

5. Do not wear any makeup, especially on or near the eyes. It can interfere with the recordings.

6. Bring someone with you. The test may make you feel dizzy or imbalanced for a short time.

If you have not followed these instructions, especially item #1, the appointment will have to be rescheduled. If you have any questions, please feel free to call (907) 456-7768, Monday - Friday from 9:00 AM - 5:00 PM.

Thank you!

Sincerely,
Fairbanks Hearing and Balance Center