

BALANCE TESTING

Preparation and Instructions

Please check-in at least 15 minutes prior to your appointment time. Late arrivals may require rescheduling.

FOR OFFICE USE ONLY

Appointment Date: _____

Patient: _____

Account #: _____

DOB: _____

You are scheduled for:

- | | | | |
|--------------------------|------|---|-------------|
| <input type="checkbox"/> | ABR | — Auditory Brainstem Response | 120 minutes |
| <input type="checkbox"/> | VNG | — Videonystagmography | 90 minutes |
| <input type="checkbox"/> | VEMP | — Vestibular Evoked Myogenic Potentials | 30 minutes |
| <input type="checkbox"/> | ECOG | — Electrocochleography | 30 minutes |

The purpose of the tests listed above is to assist in determining the diagnosis and prognosis of dizziness/balance and hearing disorders. The tests are ordered by one of our Ear, Nose, and Throat Physicians and/or Doctors of Audiology.

Test Preparation

- Please plan accordingly for any of these tests by dressing in comfortable clothing and avoiding make-up use of any kind, especially mascara. Any type of eye make-up may obscure testing and require rescheduling.
- You should be accompanied to the appointment by someone who can drive if necessary. The companion should be prepared to wait for the *entire test duration* in the event that the testing is terminated early or if there is an emergency. This is for the safety of the patient.
- Please do **NOT** bring children to your appointment.

VNG

The Procedure

For the VNG, you will be seated comfortably in a dark room. The Audiologist will fit goggles to your head, similar to ski or snow machining goggles. The eyes are like a “window to the brain” that show us how the inner ear balance center and brain are using information. These goggles use infrared technology to allow us to see your eyes in the dark. If you have vision problems, it is important to let the Audiologist know.

In general, the first sub tests involve following a light target on a bar in front of you. The second subtest involves the Audiologist moving you into different positions (i.e. lying down, turning the head). The final subtest involves irrigating the ears with warm and/or cool air. All of these subtests will be explained in detail during the testing.

Many patients are anxious about this testing or that it “makes people very dizzy.” Keep in mind that every experience is very different. Although air irrigations may make someone slightly dizzy or “floaty”, a very small amount of people become very dizzy during testing. In fact, many people do not experience dizziness at all. If you are scheduled to work after the test, it may be best to take the rest of the day off.

DRUGS/MEDICATION

Some types of drugs/medications may interfere with testing. **48 hours prior to the VNG**, you should cease use of the following:

- Alcohol
- Caffeine
- Marijuana
- Anticonvulsants (Tegretol, Dilantin, etc.)
- Chemotherapeutic Anti-Cancer Agents (Cisplatin)
- Sedatives (Phenobarbital, Seconal, Chloral Hydrate, etc.)
- Sleeping Medications
- Tranquilizers (Valium, Ativan, Xanax, etc.)
- Vestibular Suppressants (Meclizine, Benadryl, Scopolamine)
- Antihistamines, decongestants, or cold pills

You must check with your prescribing physician and/or ENT physicians to approve temporary cessation of prescribed medications, or if you have questions about a particular drug/medication.

ABR/VEMP/ECOG

The Procedure

ABR and VEMP testing requires reading information from your body with the use of electrodes, whether it be for hearing and/or balance purposes. The ABR helps determine possible central causes (i.e. non-cancerous growths) to balance and dizziness, as well as hearing threshold information. The VEMP and ECOG assist in balance diagnosis using sound presentation.

The Audiologist will place electrodes in various head and neck locations and provide instructions pertaining to the specific tests. It is very important that no make-up, moisturizers, or lotions are applied to the face and neck areas.

During the test you will hear sounds. For ABR and ECOG all you need to do is relax and let the electrodes do all the work. You may be asleep or awake during the testing. During VEMP testing, you will be asked to perform the simple task of lifting your head while listening to sounds.

For general questions or concerns, please contact one of the Audiologists at (907) 478-7768.