



VIDEONYSTAGMOGRAPHY (VNG) Information Sheet

The VNG procedure is designed to test vestibular (inner ear) and central motor functions and is used to determine if a vestibular disease may be the cause of the balance or dizziness problems. VNG results provide diagnostic information to help identify the possible cause of the dizziness/vertigo. The VNG is one of the only tests available that can decipher between a unilateral and bilateral vestibular loss.

VNG testing is a series of tests designed to document a person's ability to follow visual objects with their eyes and how well the eyes respond to information from the vestibular system. During the procedure the patient wears goggles with cameras attached to record eye movements. VNG testing is non-invasive, and only minor discomfort is felt by the patients during testing as a result of wearing goggles. Appointments usually last about 1.5 hours and testing is covered by most insurances.

PRE-TEST INSTRUCTIONS

- Certain prescription medications may influence the findings of the VNG exam. **It is important that you consult your prescribing physician before discontinuing any prescription medications, especially if they are for treatment of physiological or emotional problems.** After consulting with your physician, we ask that you refrain from taking any sedatives, tranquilizers, sleeping pills, vestibular suppressants, antihistamines, anti-dizzy pills, narcotics/pain pills of any kind, or other medications that may make you drowsy or prevent dizziness and/or nausea (i.e., Meclizine, Antivert, Benedryl, etc.) for 48 hours before the test.
- Non-prescription drugs to avoid 48 hours before the test include: over the counter sleeping pills, cold/allergy medications, aspirin and dramine/bonine.
- Refrain from caffeinated or alcoholic beverages for 24 hours prior to the test.
- Routine medications for the treatment of high blood pressure, heart disease, cholesterol, hormone therapy, etc are permissible. PLEASE CONTINUE TAKING THEM AS DIRECTED BY YOUR DOCTOR!**
- It is recommended you wear comfortable clothing. You will be lying down on an exam table so pants are recommended.
- Do not wear mascara, eye make-up, or face cream during the test.
- If you tend to feel nauseous when you are dizzy, do not eat or drink anything for a period of 2-3 hours before the time of the test.
- We suggest you arrange for someone to drive you home after the testing is completed as the testing may induce some temporary side effects such as fatigue and/or mild vertigo lasting anywhere from a few minutes to a few hours.

If you have any questions about any medications not listed above or about the test procedure, please call us at (985) 273-5795.