



VNG TESTING INFORMATION SHEET

❖ About the test:

The VNG (Videonystagmography) test battery consists of a series of tests to evaluate how well your eyes, inner ears, and brain work together to coordinate your balance. It will provide information about whether or not a vestibular deficit is the cause of your imbalance or dizziness. You will be wearing lightweight video goggles throughout the entire test to record your eye movement.

❖ Patient Instructions

- Do not wear eye makeup, including mascara and eyeliner.
- Eat lightly no sooner than 3 hours prior to testing.
- Wear comfortable clothing (you will be sitting and lying on a table).
- Refrain from alcohol and caffeine at least 48 hours prior to testing.
- Do not take any of the following medications at least 48 hours prior to testing as they can alter test results:
 - Sleeping pills
 - Sedatives or muscle relaxants
 - Anti-depressants
 - Anti-dizzy and anti-nausea medications
 - Narcotics and Barbituates
 - Antihistamines

****If you have any questions about medications, please contact the office and ask to speak with the audiologist.****
- Continue to take all blood pressure, thyroid, heart, and other life-sustaining medications as well as hormones and anti-seizure medications that you are prescribed.
- Some patients feel dizzy after completion of the test, so you may want to have someone drive you home.
- If you have not done so already, please complete the Dizzy Questionnaire (found at the front desk or on our website @ www.drmarriadoucet.com in the Hearing and Balance Patient Center).