

Balance & Dizziness Testing

Electronystagmography(ENG) / Videonystagmography(VNG)

APPOINTMENT DATE: _____ TIME: _____

FOLLOW-UP DATE: _____ TIME: _____

If you need to cancel or reschedule your appointment, please contact us at (319) 399-2022. Note that there is a no-show fee of \$75.00.

What is ENG/VNG testing?

A non-invasive series of tests used to evaluate the inner ear balance system for those experiencing dizziness, vertigo, or balance problems. The results will assist the physician in determining whether inner ear problems exist. Testing is covered by insurance.

How long does the testing take?

Testing takes about 1 hour and is performed right in our office. Please arrive 5-10 minutes early.

How are the tests performed?

During testing we will ask you to perform a series of tasks while wearing either special goggles or electrodes which allow the Audiologist to track eye movement.

There are three parts to the testing:

1. **Visual Targets:** you will watch and follow various lights and objects as they move.
2. **Positional Tests:** we will ask you to hold several different head and body positions.
3. **Stimulation Response:** we will blow cool and warm air in each ear canal. (Some people find the cool/warm air unpleasant, so please note that there may be slight discomfort with this testing. It is possible to feel a mild dizziness/nausea following this testing. You may choose to bring someone to drive you home after your appointment.)



What should I know before testing?

1. 48 HOURS PRIOR TO TESTING:
 - **DO NOT** take any of the following types of medications:
 - Anti-dizziness (i.e. Meclizine, Antivert, Dramamine, or scopolamine transdermal patch)
 - Tranquilizers, sedatives, or antidepressants (i.e. diazepam (Valium); alprazolam (Xanax); chlordiazepoxide (Librium); clonazepam (klonopin); lorazepam (Ativan).) **Do not discontinue any of these medications if you have been taking them for longer than six months.**
 - Anti-histamine (allergy) or cold medicine that are identified as the drowsy formula (i.e. Benadryl, Atarax)
 - Muscle relaxant (i.e. Flexeril, Baclofen, Norflex)
 - Sleeping pills
 - **DO NOT** consume alcohol (beer, wine, liquor)
2. 3 HOURS PRIOR TO TESTING: **DO NOT** eat. Limit liquids. If you are diabetic, eat as needed to maintain proper blood sugar levels.
3. **DO NOT** wear eye or facial makeup, such as mascara. This will interfere with the test recording. You may apply it after the test is completed.
4. **DO** wear comfortable clothing (slacks) and be sure to get a good night's rest to be alert for testing.

You should continue to take any prescribed medications for other health issues. If you are unsure about taking a medication, or have any other questions, please call our office and ask for Audiology.



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