



Southside Ear, Nose & Throat, P.C.  
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You have been scheduled for a VNG on \_\_\_\_\_ at \_\_\_\_\_.

### **What is a VNG?**

VNG stands for videonystagmography. It involves a series of tests of the balance system that help to determine the cause of dizziness/vertigo. Your balance system is located in the inner ear. Some forms of dizziness occur along with hearing loss; therefore, a hearing test may also be performed.

### **What should I expect?**

A VNG takes approximately one hour to complete. If you are also scheduled for a hearing test, your appointment will require an additional thirty minutes. During the VNG, you will wear goggles over your eyes that record the movement of your pupils. There are three main sections to the test. First, you will be asked to watch a target as it moves across a screen in front of you. Next, you will be asked to move into several positions. Finally, air will be lightly blown into each ear for a short period of time. Some of these tasks may cause you to feel dizzy or lightheaded; this is usually a normal reaction and no cause for alarm; however, you may wish to arrange for a ride in case you do not feel up to driving.

### **How do I prepare?**

***It is very important that you follow these directions! Failure to do so may lead to inconclusive results or your test may need to be rescheduled. Please call us in advance if you have any questions.***

1. **Do NOT wear any makeup** to your test. Be sure that all makeup is removed completely. This includes eyeliner, mascara, eyeshadow, and foundation.
2. **Avoid food and drink (except water) in the 4 hours prior to testing.** If you must eat, be sure that it is a very light meal (for example: buttered toast). Do NOT come to the test with a full stomach.
3. Stick with your usual routine regarding consumption of alcohol, tobacco, and caffeine. For example, do not drink alcohol the night before testing if that is not something that you typically do. Or; do not drink 3 cups of coffee if you usually only have one. However, please **refrain from alcohol, tobacco and caffeine in the 4 hours before testing.**
4. Do NOT take any of the following types of medication in the 48 hours (2 days) prior to the test; *unless* that medication is medically necessary or life-sustaining. **DO NOT STOP TAKING ANY LIFE-SUSTAINING MEDICATION** (such as for diabetes, heart conditions, blood pressure). Speak with your primary care physician if you have any questions about your health or safety while temporarily discontinuing any medication.
  - Anti-dizziness (Meclizine, Antivert, Scopolamine, Transderm patch)
  - Antihistamines or cold medications (Dimetapp, Benadryl)
  - Sleeping pills or sedatives/tranquilizers (Ambien, Lunesta, Valium)
  - Muscle relaxers (Celexa, Robaxin, Tramadol)
  - Anti-nausea (Phenergen, Dramamine)
  - Anti-depressants (Paxil, Zoloft, Cymbalta)
  - Anti-anxiety (Klonopin, Xanax)
  - Pain pills/nerve blocks (Oxycontin, Neurontin, Lyrica)