



Speech-Language-Hearing Clinic
417 Wakara Way
Salt Lake City, UT 84108
Phone: 801-581-3506
Fax: 801-585-6127

INSTRUCTIONS FOR BALANCE TESTING-PLEASE READ THOROUGHLY

You have been scheduled to have a test evaluation of your balance system. The test is called VNG (videonystagmography). During testing, video goggles will be placed over your eyes. You will be instructed to follow objects with your eyes and eye movements will be recorded while your head is placed in different positions. Your eye movements will also be recorded while your vestibular system is heated and cooled by temperature controlled air. The object of this evaluation is to attempt to determine the cause of your dizziness, to certify there is no serious disease present, and to try to pinpoint the exact site of the problem. This lays the groundwork for effective medical treatment by your doctor.

PREPARATION

1. Forty-eight (48) ours prior to your appointment, please stop taking the following medications:

Sleeping aids/sedatives/tranquilizers. Example: Ambien, Lunesta, Valium, etc.
Alcohol in any quantity, including cough medicine containing codeine. Example: NyQuil.
Anti-dizziness medication. Example: Meclizine, Antivert, Dramamine.
Anti-nausea medication. Example: Zofran, Phenergan.
Antihistamines. Example: Benadryl, Claritin, Zyrtec, Allegra, cold remedies.
Marijuana or recreational drugs.
Pain medication, narcotics and barbiturates. Example: Lortab, Codeine, HydrocodoneQuinine.

If you have taken the following medications for longer than 6 months, do not stop taking them before the dizziness evaluation:

Anxiety medication. Example: Lorazepam, Niravam, Xanax, Klonopin
Antipsychotics. Example: Seroquel, Abilify
Antidepressants. Example: Zoloft, Prozac, Cymbalta, WellbutrinAspirin

IMPORTANT: Do NOT stop taking any life-supporting medications (insulin, heart or blood pressure medications, etc). Please contact your doctor who prescribed your medication if you are concerned about stopping **any** of the above medications listed.

2. Twelve (12) hours prior to your appointment, please stop any usage or consumption of nicotine and caffeine.
3. Three (3) hours prior to your appointment, eat a light meal. Some tests make patients nauseous.
4. ALL eye makeup (eyeliner and mascara) will need to be removed before the evaluation.

5. You may need someone to drive you home as you may not feel well enough to drive after testing.
6. Please do not bring small children to the evaluation unless there is someone to watch them during the testing.

If you have any questions about the test, please call 801-581-3506. If you need to cancel or reschedule, please call our office at least 24 hours in advance. The testing takes about two hours on average to complete.

The testing location is on the University of Utah campus at 417 Wakara Way. Please see the map for directions to the Speech and Hearing Clinic. There are limited patient parking spots available on the east side of the building.