



**TALLAHASSEE EAR, NOSE & THROAT - HEAD & NECK SURGERY, P.A.**  
**AUDIOLOGY ASSOCIATES OF NORTH FLORIDA**

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**BENIGN PAROXYSMAL POSITIONAL VERTIGO (BPPV)**  
**DIX HALLPIKE / EPLEY MANEUVER**  
**PATIENT INSTRUCTIONS**

You have been scheduled to undergo testing to determine if you have a common condition known as Benign Paroxysmal Positional Vertigo (BPPV). BPPV is caused by tiny calcium crystals that become dislodged in your inner ear. During the test, you will be asked to place yourself in positions that bring on your dizzy symptoms such as lying down with your head hanging. Your eye movements will be monitored during the test.

If the test reveals that you have BPPV, you will then be taken through the treatment process known as the Epley maneuver. The treatment is quick, easy and usually quite effective at eliminating your symptoms. During the maneuver, your head and body will be moved into specific positions to move the crystals out of the areas of the inner ear where they cause dizziness. The treatment takes thirty minutes to one hour to complete. Usually your dizziness will be much improved, or eliminated following the treatment. However, it is not unusual to require an additional treatment the following week to entirely eliminate your symptoms.

Please continue to take all medications as usual prior to testing. If your symptoms are severe, you may wish to bring someone with you to drive you home after the procedure. You may wish to avoid heavy meals for several hours prior to testing if your dizziness causes nausea. It is recommended that you restrict your activities the remainder of the day following the procedure if possible. The next day you can resume your normal schedule.

Please feel free to contact our office at 850-671-5172 if you have further questions regarding this test or the procedure.