



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

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Videonystagmography (VNG) Testing Instruction Sheet

This test is typically performed on individuals experiencing dizziness or unsteadiness. A computer is used to monitor your eye movements while performing various visual tasks. Cool and warm air will be placed in the ear canals which may cause some mild dizziness. The dizziness should only last for a few minutes.

Please follow these instructions for the VNG test:

1. Do not eat two hours prior to testing. (NOTE: if you are diabetic or hypoglycemic please maintain your regular eating schedule.)
2. Please wear only minimal makeup or facial moisturizers – **NO mascara or eyeliner.**
3. Do not consume alcohol at least 48 hours prior to testing.
4. Please let the audiologist know if you have any history of neck or back surgery problems.
5. Medications— Some medications may interfere with test results. The following is a partial list of medications to avoid for **48 hours prior to testing.** Please consult your prescribing physician about temporarily stopping any medications. If you have any questions concerning other medications that could affect the VNG, please call the Audiology Department at (850) 671-5172, Extension 243.

Anti-nausea

Vontrol Bonine
Phenergan Compazine
Thorazine Dramamine
Tigan

Sedatives

Butisol Nembutal Ambien
Quaalude Seconal Klonopin
Doridan Dalmane Tranxene
Valium Librium Vistaril
Tylenol PM Halcion

Narcotics/Barbituates

Phenobarbital Dilaudid
Codeine Percodan
Demerol Tylox
Phenaphen Percocet
Lortab

Anti-Vertigo

Antivert Meclizine Valium
Diazepam Ativan Xanax
Transderm Scop. Patch

Antihistamines

Chlortrimeton Actifed Contact Dimetane
Teldrin Rynaran Benadryl Disphorol Triaminic
Trinalin Zyrtec Tavist-D BromfedPD Biohist

Any over-the-counter cold medications

NOTE: Please **DO TAKE** your insulin, blood pressure, cardiac-related medications or any other life-supporting medicine.