



TALLAHASSEE EAR, NOSE & THROAT - HEAD & NECK SURGERY, P.A.

AUDIOLOGY ASSOCIATES OF NORTH FLORIDA

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Videonystagmography (VNG) Testing Instruction Sheet

You are required to call the office three (3) days prior to the scheduled procedure to complete pre-admission instructions. (850) 877-0101 ext. 243.

Failure to call and complete pre-admission will result in a cancellation of your appointment.

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 water 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 any 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) 877-0101, 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.