

Videonystagmography (VNG) 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 procedure is typically performed on individuals experiencing dizziness or unsteadiness. A computer is used to monitor your eye movements while performing various visual tasks. Contact lenses can be worn during procedure. Cool and warm air will be blown into 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 Evaluation:

1. Do not eat two hours prior to procedure. (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 your appointment.
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 list of medications to avoid for **48 hours prior to procedure.** 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
Dramamine	Tigan

Anti-Vertigo

Antivert	Meclizine	Valium
Diazepam	Ativan	Xanax
Transderm Scop Patch		

Other

Cannabis (medical marijuana, recreational marijuana, edibles, Delta 8, vapes, etc)

Please bring a list of all medications you are currently taking.

Discontinue any medications you have been prescribed (including over the counter) to control dizziness or nausea.

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