WHAT IS A VIDEONYSTAGMOGRAPHY (VNG)

The Videonystagmography (VNG) is a study used to clinically evaluate a patient’s dizziness, vertigo or balance dysfunction. The vestibular system monitors the positions and movements of the head to stabilize retinal (eye) images. A comparison of results obtained from various sub-tests will assist in determining whether a disorder is present. Throughout the test you will be wearing a mask, similar to a diving mask, with cameras that record your eye movements.

The test consists of three parts:
1. **Eye Movements**: you will watch a target light both stationary and in motion.
2. **Positionals**: you will go through various head and body positions (i.e.-on your back with your head turned to the right or left).
3. **Calorics**: warm and cool air will be introduced into your ear canals for 60 seconds, during which you may experience a sensation of spinning (or dizziness) that usually only lasts a couple of minutes and subsides as your ear returns to normal body temperature.

SPECIAL INSTRUCTIONS

The balance system is altered by certain medications, caffeine and alcohol. In order to obtain accurate results it is important for you to follow these instructions.

- **DO NOT TAKE** the following medications for 24 hours prior to testing:
  - Sleeping Pills
  - Tranquilizers
  - Cold or Allergy Pills
  - Barbiturates / Pain Killers with Codeine / Antihistamines
  - Anti-Dizzy Medications
  - Narcotics of any kind (including Marijuana)
  - Alcoholic Beverages

- If you forget and take any of the listed items please call the clinic as soon as possible as we may need to reschedule your appointment.

- **DO NOT DISCONTINUE** medications for diabetes, heart disease, thyroid, high blood pressure, epilepsy or seizures, antibiotics, anti-depressants or birth control.

- Please do not smoke, drink coffee or caffeine 4 hours prior to test time. Also, you may want to avoid any heavy foods as the last portion of the test may cause nausea.

- Please remove colored contact lenses before testing.

- Please **REMOVE EYE MAKE-UP** and any heavy face make-up before your appointment. This is very important as eye make-up can prevent the cameras from correctly recording eye movements.

QUESTIONS

If you have any questions or concerns, please speak with an audiologist prior to testing. Thank you.