



VNG Patient Information and Instructions

Important Information: Please read at least 48 hours prior to your VNG procedure.

You have been scheduled for a balance evaluation called a *Videonystagmography* or VNG.

Certain medications will affect the results of this test therefore you must avoid taking any of the following medications or beverages for 2 days (48 hours) prior to your appointment time.

- Antihistamines (e.g., Benadryl)
- Tranquilizers (e.g., Valium, Ativan, Xanax)
- Pain medications containing Narcotics
- Alcoholic beverages
- Anti-dizziness medication (e.g., Meclizine, Antivert)
- Muscle relaxants
- Barbituates (e.g., Phenobarbital, Seconal)
- Antidepressants (please contact our office in regards to these medicines)

*******IF YOU TAKE ANY OF THESE MEDICATIONS*****
REGULARLY, DO NOT DISCONTINUE THEM WITHOUT CONSULTING YOUR PHYSICIAN!**

If you have questions about which medications you may need to discontinue, please call our office at (918)508-7601.

- Eat a light breakfast or lunch.
- Please DO NOT wear makeup.
- Please dress comfortably, and *women should wear slacks* as a portion of the evaluation is done while lying down.
- Please make arrangements for transportation as your ability to drive following the test may be impaired.

The balance test is a simple, painless procedure will lasts approximately 1 ½ hours. Surface electrodes will be taped near your eyes or, goggles will placed on you to make a tracing to determine if you have any problems related to your inner ear and balance system. Data will be collected and analyzed by a licensed audiologist. A follow-up appointment with you doctor will be necessary to review your test results.

*******FAILURE TO FOLLOW DIRECTIONS MAY RESULTS IN RESCHEDULING YOUR APPOINTMENT*******

IMPORTANT BILLING INFORMATION: There will be charges for this procedure(s). If you have insurance that will cover the procedure, we will file this for you. Any remaining balance will be the patient's responsibility.